

Phase 1: START OUTWARD: HOW DO PEOPLE BEHAVE IN THE WORLD?

Recognizing Emotion in Others

Our example: Cuerdas (movie short) <https://vimeo.com/ondemand/cuerdas/>

- **Quotes for Collaboration & Build the ideal classmate:** Credit to Cathy Bergen “How to Run a Dynamic Advisory Program”
- **Brené Brown on Empathy:** <https://edpuzzle.com/media/59f621fda7a0a940f1460e30>
- **Michele Borba: Unselfie** <https://www.youtube.com/watch?v=qtsO7g42iWg>
- **Plutchik’s Wheel of Emotions** – Choose your own categories

Segue journal:

Would you give up your recess time to play with a student with needs?

Phase 3: INTROSPECTIVE: WHO AM I AS A PERSON? HOW DO MY EXPERIENCES IMPACT MY ACTIONS?

Recognizing Emotions in Self & Others, Perspective Taking (others’ perspectives are their truths, Feeling With Others)

Our example: Britain’s Got Talent

<https://www.youtube.com/watch?v=L0b8K001GWA>

- **What lyrics do you connect with?** *Scaffolded empathy*
- **Listening to a story & drawing**
- **Order the events of the story & assign emotions**
- **Pre story writing graphic organizer**
- **My personal story of a bully** (*Our Action Research Project*)
- **Scaffolded writing of a personal narrative**
- **Interpersonal share & recast**

Segue journal:

What advice would you give younger students who are dealing with issues of identity and feelings of exclusion and isolation?

Phase 2: GOING CLOSER TO HOME: HOW DO I PERCEIVE MYSELF AND OTHERS?

Perspective Taking & Staying out of Judgment

Our example: Soy Yo- Bomba Estereo (pop song)

<https://www.youtube.com/watch?v=bxWxXncl53U>

- **Anonymous pre-judgment of characters:** www.goformative.com
- **Perspective rehearsal – Kahoot w/ perspectives, Movie Shifts**
- **Color-Symbol-Image (Harvard Project Zero)**
- **An open mind**
- **Perspective Walk**
- **Lyric analysis/interpretation/found poetry with lyrics**
- **Role-play & Skits**
- **Silent Group Journal**

Segue journal:

What did you learn about the ways that we as human beings make assumptions about people? Did you notice anything about yourself?

Phase 4: SHARE OUTWARD: HOW DO I CONTRIBUTE TO THE WORLD?

Cultivating a School Culture of Empathy

- **Turn your personal story into a children’s book & big bro/little bro share out:** www.storybird.com
- **Daily gratitude prompts & Gratitude Spies**
- **Make a Public Service Announcement** to share with the school
- **Gift a quote** (circling back to Quotes for Collaborating)

Wrap up journal reflection: You just completed a unit where you were asked to analyze and think deeply about the following:

1. How do people behave in the world?
2. How do I perceive myself and others?
3. Who am I as a person? How do my experiences impact my actions?
4. How do I contribute to the world?

Think about and respond in journal format to the following:

- **What is your biggest takeaway from the unit?**
- **Did you learn anything about yourself?**
- **How will you continue pushing yourself to improve your day-to-day experiences, your community here at school, & your contributions to the greater world around you?**

“Unselfie” Raising Kids Who are Kind

<https://www.youtube.com/watch?v=qtsO7g42iWg>

WHAT?	SO WHAT?	NOW WHAT?



IDEAS TO FOSTER EMPATHY IN MY OWN SCHOOL!

Look for opportunities to use

Consider later

Keep on the radar