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 2: GOING CLOSER TO HOME: HOW DO I PERCEIVE MYSELF AND OTHERS?
Perspective Taking & Slaying out of Judgment
Our example: Soy Yo - Bomba Estereo (pop song) https://www.youtube.com/watch?v=bxWxXnc53U

- Anonymous pre-judgment of characters: www.goformative.com
- Perspective rehearsal – Kahoot, 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 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 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](https://www.youtube.com/watch?v=qtsO7g42iWg)

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**IDEAS TO FOSTER EMPATHY IN MY OWN SCHOOL!**

- Look for opportunities to use
- Consider later
- Keep on the radar

Please feel free to contact us for further training at your schools! Spielberg@allen-stevenson.org & Citurralde@allen-stevenson.org