Whole Child Lesson for Elementary School

Topic: Empathy

Let's Breathe

Our feelings come and go - and we can observe them - without getting swept up by them. There’s a really clever way of remembering this - our mind is like a pond full of fish. The fish are our feelings. If we remember to Be The Pond, we'll let those feelings just swim by. Be the Pond!

Let's Learn

What’s the difference between kindness and empathy?

**Kindness** is: doing/saying nice things
**Empathy** is: being a good listener

Empathy is the act and emotion of caring. It means you can put yourself in someone else’s shoes. Check out what other kids have to say about empathy!

Let's Move

Let’s go on a yoga adventure today in the world of Trolls!

Want to try another?
https://www.youtube.com/watch?v=gzesbQaqhCY

Let’s Grow

Let’s try an EMPATHY example:

One of your friends trips at recess and has to go to the nurse’s office. She ends up in a cast and can’t play tag for the next 2 weeks. Kindness would be walking her to the nurse’s office; while empathy would be feeling sad that she can’t play tag at recess, and offering to play something different while she recovers.

How can you practice empathy:
1. Make eye contact and use active listening skills
2. Keep your opinions to yourself
3. Try to identify the emotion they’re feeling
4. Ask what you can do