

BULLYING AND VIOLENCE PREVENTION

FOURTH GRADE

LESSON 1

TITLE: How Empathic Are You?

PURPOSE: Identify positive attitudes and behaviors for maintaining interpersonal relationships.

OBJECTIVES: The student will be able to:

- Assess personal attitudes of empathy.
- create appropriate responses to conflicts in order to contribute to healthier interpersonal relationships.

SUNSHINE STATE STANDARDS: LA.4.1.5.1, 4.1.6.1, 4.1.6.10

STUDENT SERVICES BENCHMARKS AND STANDARDS: PS 1.5, 1.6, 4.3

VOCABULARY: empathy, feelings, and compassion

INSTRUCTIONAL TIME: 40 Minutes

PREPARATION/INSTRUCTIONAL MATERIALS:

- dry erase board and marker
- Xerox copies of Handout 4-1 (one per student)
- Xerox copies of Handout 4-2 (one per student)
- pen or pencil
- paper
- large notepad
- overhead projector or computer screen

SPRINGBOARD ACTIVITY:

- 1) Ask students to define the word *empathy*.
- 2) List responses on the board.

ACTIVITY:

- 1) Divide the class into small cooperative groups of 4 to 5 students.
- 2) Distribute handout 4-1: Empathy Examples.

- 3) Have students discuss each question and determine which of the three statements exemplify empathy.
- 4) Lead a discussion about each of the statements and why they might not be good examples of an empathic response.

ASSESSMENT: Teacher observation, class participation and completion of follow-up activity on empathy handout 4-2.

FOLLOW-UP ACTIVITY: Have students complete handout 4-2: Empathy True or False. Explain to students the potential consequences of growing up to be a bully or a victim. Helping students to develop good communication and interpersonal skills can help stop the pattern of bully/victim behaviors.

Empathy Examples

Example 1 You are working in the backroom of the store where you work as an assistant manager. A sales associate rushes in from the selling floor, grabs her jacket, and goes back out. She doesn't look at you, but she seems very upset. What do you say or do when she returns to the store 30 minutes later?

Which of the following is the most empathic response?

- a. "You seemed pretty upset a while ago. Are you okay?"
- b. "Do you want to talk about it?"
- c. "Let me know if you need to talk."

Example 2 You work in a nursery school, and today has been a very busy day. Now it is

5:00 and most of the children have been picked up. You look over at Patti, a reliable assistant teacher, who said when she came in this morning that she was getting a cold. She looks awful now. It is almost time for her to leave.

Which is the most empathic response?

- a. "How are you feeling?"
- b. "You look like you could use some rest."
- c. "Take good care of yourself tonight, okay?"

Example 3 Yesterday, your daughter Sara spent several hours at the computer writing an essay. She was so proud of herself because it was the first time she'd done a whole assignment like that without your help. Today, she came home from school looking very disappointed. She said she had answered the wrong questions and had to do the assignment over.

Which is the most empathic response?

- a. "What happened?"
- b. "It's upsetting when your work is for nothing, isn't it?"
- c. "Want to talk about it?"

Keep in mind that your response doesn't have to be perfect. If you guess wrong about the other person's feelings, he/she will tell you. The important thing is to listen closely and reflect back what you observe, keeping the focus on the person's emotions.

Empathy True or False

- 1) Empathy means putting yourself in someone else's shoes; understanding what someone else is going through.
- 2) Pushing someone is an example of showing empathy.
- 3) Bullying and empathy are synonyms.
- 4) I use empathy most of the time.
- 5) Compassion is a synonym for empathy.
- 6) I feel good when someone shows empathy towards me.
- 7) People who are empathic are not sympathetic.
- 8) If someone falls and I help the other person, I am demonstrating empathy.
- 9) Empathy is not a very important trait to have.
- 10) Empathy is the ability to not only know or detect what others are feeling, but also experience the emotion yourself.