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TEACHER NOTE:

It is highly recommended that you give students the option to use their paper puppets when sharing in class conversations.

For many students using the puppet helps them to be more comfortable, open, and honest.

EMPATHY

TEACHER INSTRUCTIONS

Pre-Video Conversation:

We all have had different experiences in quarantine. Some of us had extra family time, some of us had less family time because our parents and caregivers had to work, some of us had plenty of food to eat and some of us didn't. It's important for us to try and understand what others' experiences have been like so we can be a good friend and support them. Today we are talking about empathy. Empathy is the ability to try and imagine what it might be like to be in someone else's shoes, and try to understand how a situation might make them feel. It is sharing in the feelings of others.

Let's watch our next Quarantine Time Machine video and see what Cory, Tina, and Pops can teach us about empathy and how we can be good friends to each other during this time.

Post Video Conversation:

How did Cory listen in the beginning of the video?

How did Cory listen at the end of the video?

What was your experience like in quarantine as compared to Cory and Tina?

How can you take what you learned from Cory and Tina and apply it in your life?

Whole Class Activity:

Part of having empathy and showing you care is being a good listener. Even through your computer you can be a good listener to your friends. Let's brainstorm how we can be good listeners.

Active Listening Strategies:

1. Be present and focused on the person who's talking
2. Look at the person who's talking
3. Lean in

4. Summarize or repeat what was shared
5. Try to imagine how the person might be feeling
6. Pay attention to body language (define if necessary)

Activities:

- Share your story
- How would I feel?

Home Connection:

- Send Parents & Guardians Mental Health Expert Advice on Empathy
- Share your Quarantine Story with your family. Have them share their Quarantine Story with you while you practice being an active listener. Talk about your favorite part of their stories and yours.

TEACHER NOTE:

It is important to be sure each student has an opportunity to share their story as they are processing their quarantine experience and return to school. If time during the activity does not allow for all students to share, please make time at a later date. Have students practice active listening skills during sharing if time allows.