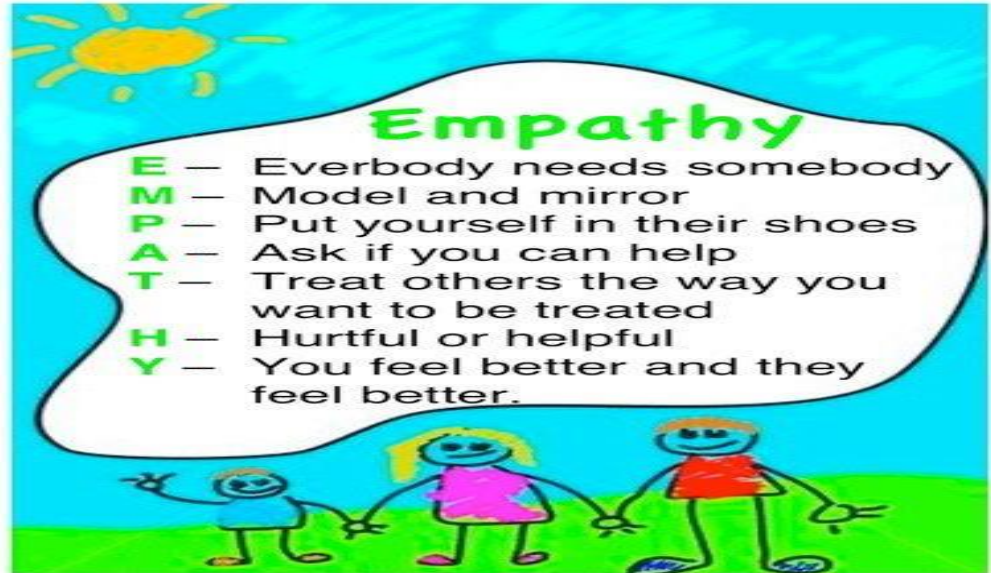
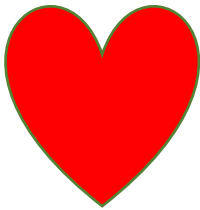


SEL (Social & Emotional Learning) Resources

Topic:

Empathy



There are many ways to support students' social and emotional learning in the classroom. The program entitled **Kindness in the Classroom** by the Random Acts of Kindness Foundation (RAK) is a CASEL (Collaborative Academic, Social, and Emotional Learning) SELECT program. This research-based program helps students develop SEL skills. Please see the link for a review of the CASEL wheel and the different elements to help students develop SEL

<https://casel.org/wp-content/uploads/2020/12/CASEL-SEL-Framework-11.2020.pdf>

The Caring Unit is the second unit in a series of six from the **Random Acts of Kindness-Kindness in the Classroom Curriculum**. The Caring Unit focuses primarily on helping students care for themselves, for others, and for their learning environment. These lessons focus on compassion, **empathy**, sympathy, gratitude, and helpfulness.

<https://www.randomactsofkindness.org>



What is Empathy?

Empathy is being able to know how someone else is feeling, even when you aren't in the same situation. Sometimes we call empathy being able to "put yourself in someone's shoes" and see things from their view.

Empathy is important because it is the first step in having positive relationships because it helps us understand and relate to others.

Lessons on Empathy (K-1)

Empathy Lesson for K-1

<https://www.education.com/download/lesson-plan/empathy/empathy.pdf>

Download the lesson and worksheet for this lesson.

Understanding Empathy

https://youtu.be/9_1Rt1R4xbM

Building Empathy

<http://preventingbullying.promoteprevent.org/8-empathy-activities>

Lessons for K-4

<https://talkingtreebooks.com/docs/lesson-plans/what-is-empathy-lesson-plan.pdf>

Puppies for Sale~ A lesson in Empathy

https://youtu.be/_mtFOEphPHY

Middle School Lessons on Empathy

Developing Empathy

<https://www.equalityhumanrights.com/en/secondary-education-resources/lesson-plan-ideas/lesson-2-developing-empathy>

Link to lesson plan, powerpoint for students regarding feelings and perspective.

<https://www.learningforjustice.org/classroom-resources/lessons/developing-empathy>

Empathy Can Change the World

<https://youtu.be/aU3QfyqvHk8>

What is Empathy?

<https://youtu.be/1Evwgu369Jw>

Under the Surface

<https://youtu.be/AZ-pU7ozt3g>

The Bystander Effect: The Science of Empathy

<https://youtu.be/Wy6eUTLzcU4>

Teacher Resources

<https://blog.brookespublishing.com/5-activities-for-building-empathy-in-your-students/>

<http://schoolcounselingconnections.blogspot.com/2015/09/perspective-taking-and-empathy.html>

<https://www.gettingsmart.com/2018/11/four-strategies-for-introducing-empathy-in-the-classroom/>

https://www.huffpost.com/entry/childrens-books-empathy-kindness_15d52e7b1e4b0c63bcbee2699

<https://www.hasbro.com/common/documents/7751EB3039E24EF2BC164FF0C1A268/C7556742C6C242E58048AC0BBF983F6D.pdf>

ascd.org/publications/educational-leadership/oct18/vol76/num02/Nine-Competencies-for-Teaching-Empathy.aspx

Parent Resources

Teaching Empathy: Evidence-based tips for fostering empathy in children by Gwen Dewar, PH.D.

<https://www.parentingscience.com/teaching-empathy-tips.html>

5 Tips for Cultivating Empathy

<https://mcc.gse.harvard.edu/resources-for-families/5-tips-cultivating-empathy>

E is for Empathetic: 10 Ways to teach Empathy by Sue Lively

<https://onetimethrough.com/e-empathetic-10-ways-teach-empathy/>



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