

EMPATHY WEEK

Learning Framework

Empathy Week 2023 starts 27th February

Watch the 2023 trailer

Together, we are building the #EmpathyGeneration

Featured in



THE TIMES
THE SUNDAY TIMES

BBC



Students in Chitwan region of southern Nepal

Learning Framework - Empathy Week Programme

Feb - March

Films and Reflections (Assemblies)

Stage 1 | Discovering Empathy

Core learning: 5 assemblies (15-20 mins long) containing 5 beautiful films differentiated for ages 5-18. Starting in Empathy Week itself, students will watch and explore the 5 films over 5 weeks.

Feb - April

Empathy with
Myself
(Lesson)

Empathy with
Others
(Lesson)

Stage 2 | Building Empathy

Continued learning: Select from a total of 10 x 20 minute sessions responding directly to the films and developing key empathic skills for each age group.

April - June

Empathy Action Projects

Stage 3 | Empathy+

Additional opportunity: Social action projects that showcase and develop the skill of empathy and are delivered as a film/video (new to 2023).

Late September

The Global Empathy Awards

Awards | Global Empathy Awards

Celebration event: An invitational event for the best projects submitted from across the world. The awards are held in the last week of September each year and in 2022 involved students from UK, Switzerland, Hong Kong, Portugal, Italy and Saudi Arabia.

Stage 1 - Discovering Empathy

	Ages 5-7	Ages 8-10	Ages 11-14	Ages 15-16	Ages 17-18
Aims	<p><i>Empathy Week core learning resources will:</i></p> <ul style="list-style-type: none">● use films to develop empathy.● expose students to worlds unlike their own, pushing beyond their own realm of experience.● encourage students to find commonality with others, using it as an opportunity to find their individual voice.● Recognise differences as opportunities to learn rather than divisions.				
Film	< 5 mins	5 - 8 mins		10 mins	
Reflection	<ul style="list-style-type: none">● Structured pre- and post-film reflections exploring, expressing and analysing the students' range of thoughts, feelings and responses.● Discussion prompts and guidance exploring the films' subjects and themes.				

Stage 2 - Empathy With Myself

EMPATHY WITH MYSELF

Key Skill 1 Processing Thoughts and Feelings

Aim

To equip students with the confidence, skills and vocabulary to recognise and express how they are feeling and what they think.

Rationale

Allowing space for the children and young people to explore feelings and identify patterns of triggers and consequences is an important first step toward emotional literacy. Students will develop a vocabulary which they can use to clearly and productively communicate their feelings. Students will also learn to articulate the bridge between feelings, thoughts and judgements. To nurture the confidence to speak openly, discussions will be framed in a non-judgmental way, designed to minimize fear or stigmatization of any particular feeling or opinion.

Key Skill 2 Applying Empathy

Aim

To enable students to use empathy to proactively support their own wellbeing.

Rationale

By developing empathy with themselves, students will be guided to understand what helps and hinders their own wellbeing. This will enable them to respond to the feelings they experience in a proactive way, as well as learning to accept and value who they are. Students will learn actionable responses to stressful or challenging times and also how to celebrate and share positive experiences with others via empathy. Students will learn when to ask for help, and where they can find it, should they experience feelings or worries which trouble them.

Key Skill 3 Preparing to Connect

Aim

To use empathy to fully and productively engage with other people.

Rationale

Children and young people will engage with life stories of a diverse range of people when watching the films. They will be encouraged to identify potential sources of bias in their reception of the films and learn to suspend them to fully hear and engage with the individuals' stories. Students will also learn how to allow space for other people when forming and maintaining relationships, including when leading others.

Stage 2 - Empathy With Others

EMPATHY WITH OTHERS

Key Skill 4 Listening with Empathy

Aim

To understand and practise empathic listening.

Rationale

Often when we listen to others, we do not allow them to express themselves fully. We may be preoccupied with what we are going to say next, questions we want to ask, or our own problems. We may also automatically relate an experience of our own which may obscure someone else's message. Students will practise listening without being distracted and will learn to prioritise whoever they are listening to. Students will learn how listening in this way can support meaningful communication and healthy relationships.

Key Skill 5 Valuing Perspectives

Aim	<i>To equip students with the skills to engage empathically and respectfully with people who have a different opinion to them.</i>
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Rationale	Students often encounter disagreement as conflict or stalemate. It is important that differences in opinion are instead embraced as learning opportunities and that we learn to keep the conversation going. Using empathy to engage with a different opinion leads to greater levels of tolerance which can help to avoid conflict and prejudice. Students will evaluate, investigate and appreciate differing opinions on relevant issues, learning to maintain respectful communication in the face of diverse opinions.
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Key Skill 6 Setting Intentions

Aim	<i>To empower students to set intentions with empathy.</i>
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Rationale	By learning to consider and understand how other people are impacted by their choices, students will be empowered to make informed, human-led decisions. Students will gain experience of evaluating different potential outcomes in a developmentally appropriate way. Approaching this with empathy will enable them to make a reasoned decision that responds to and communicates their own needs, balanced with consideration of the needs of others.
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Stage 3 - Empathy+

EMPATHY IN ACTION - The Empathy Action Projects

Aims

Empathy+ resources will:

- support students in creating, planning and executing an empathy action project.
- provide the opportunity for students to creatively apply the empathic skills they have learnt.
- support the development of research, team and leadership skills.
- help schools connect and integrate other social and charitable initiatives with the skills taught throughout Empathy Week.
- inspire students to be pro-active citizens and have their work recognised in a both a school Empathy Awards and the Global Empathy Awards held in June each year.

Students who complete an Empathy Action Project can be entered into the **Global Empathy Awards** which recognises an 'Outstanding primary school' and an 'Outstanding Empathy Action Project' each year.

Working towards UN SDGs

The Empathy Week programme and global network are dedicated to achieving transformational change through the SDGs. In particular, our work supports the following goals shown below:



Promoting and supporting the mental well-being of children and young people around the world.



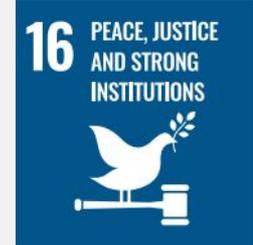
Providing high-quality, supportive and inclusive resources, training and opportunities to our global network of schools and ambassadors.



Empowering girls and women through inspirational stories and educating all students of the importance of gender equality.



Promoting tolerance, acceptance and unity through the development of empathy.



Equipping students with the skills to engage with and contribute to peaceful and inclusive communities around the world.



The Gatsby Benchmarks

The Empathy Week programme provides opportunities which can support schools and colleges meeting the Gatsby Benchmarks in the following ways:

- ***Learning from career and labour market information:***
Through our programme and events hosted with partners, students will have access to good quality information about a diverse range of study and career opportunities.
- ***Addressing the needs of each student:***
With equality and diversity considerations embedded in every level of our programme, all students are provided with the opportunity to use empathy to build a better future, whatever path they choose to take.
- ***Encounters with employers and employees:***
Our programme and events offer a range of enrichment activities which inform students about and support the development of leadership skills, enterprise and innovation. Our careers partner for 2023 is [ERIC](#), a free accessible tool and app for students and schools to find out the very latest about careers that's tailor to the interests of the user!



**To change the world,
we first need to
understand the
people in it.**

Visit the website

Watch the 2023 trailer

**Together, we are building
the #EmpathyGeneration**

www.empathy-week.com

**EMPATHY
WEEK**

