



**CASE STUDY**  
**EMPATHY WEEK 2021**

**NAME - KINA VARGAS**  
**COUNTRY - MEXICO**

# TEACHER AMBASSADOR PROFILE



Who you are? I am Karina, best know as Kina Vargas.

Where you grew up? I grew up in Mexico City. Really proud of being Mexican!

Why you became a teacher? Because I wanted to inspire young students so they could look for their own dreams. Also, because I know that education is about changing realities to improve our conditions, no matter what.

Why you are proud to be an empathy week ambassador? Because I was able to see how the program has impacted in the school. I saw beautiful and useful projects made by students from 13-16 years old.

What is your vision for the future? I want people able to express what they think and feel confident, feel free to be who they are, proud to express what they feel, and moving everything to support others.

# OUR COUNTRY/TOWN/VILLAGE



## Mexico City

- It's the most populated city in North America
- Mexico City is the oldest city in North America.
- There are more than 150 museums.
- You can climb nearby volcanoes.

What does education look like for students here?

- Three basic levels (kindergarden, primary, middle school) and high school
- Each school year starts on August and finishes on July (different from all LatAm).
- As in other places in the world, education looks different in public and private schools in terms of resources and privileges.



# OUR COMMUNITY AND SCHOOL



## Guiding questions:

Background on your school?

- In 2021 we are celebrating the 70<sup>th</sup> anniversary.

How many students and what are their backgrounds?

- There are around 600 students, but 201 in middle school.

-There are students from Argentina, Brazil, and plenty of them from Korea!

What you enjoy about your school?

-Working with my colleagues and listening to students (what they like, what they do, etc.).

- The challenges we face day by day.

What you hope your students will go on to do in the future?

-I hope they could start their own projects being aware of their communities.

# WHAT STUDENTS SAID BEFORE EMPATHY WEEK

Para mí la empatía es entender a otras personas acerca de su situación y ponerse en sus zapatos apoyándose mutuamente y compartiendo ideas. / *Empathy is understanding other people about their situation and putting myself in their shoes by supporting each other and sharing ideas.*

8th grade student

Tener la habilidad de entender como la otra persona se siente en cualquier situación tanto de emociones positivas como negativas. / *Having the ability to understand how the other person feels in any situation of both positive and negative emotions.*

8th grade student

La empatía es cuando te pones en los zapatos de los demás y los entiendes. / *Empathy is when you put yourself in the shoes of others and understand them.*

9th grade student

# WHAT STUDENTS SAID AFTER EMPATHY WEEK

Percibir en los sentimientos, pensamientos y emociones de los demás, basada en el reconocimiento del otro como similar, como ponerse en sus zapatos y entender a la otra persona dependiendo de su situación. / *Perceive in the feelings, thoughts and emotions of others, based on the recognition of the other as similar, how to put yourself in their shoes and understand the other person depending on their situation.*

8th grade student

Es la habilidad de conectar con las emociones de los demás, entendiendo como se sienten en cada situación, sea agradable o desagradable. / *It is the ability to connect with the emotions of others, understanding how they feel in each situation, be it pleasant or unpleasant.*

8th grade student

Es ponerme en los zapatos de otro y entender su situación o por lo menos tratar de entender sus emociones. / *It is putting myself in someone else's shoes and understanding their situation or at least trying to understand their emotions.*

9th grade student

**PROJECT NAME: Mindful-health**  
**BY STUDENTS: Matilda, Maryah,**  
**Alexa y Zoe**



**EXAMPLES OF  
STUDENTS  
WORK AND  
PROJECTS**

# PROJECT NAME: Mindful-health

## BY STUDENTS: Matilda, Maryah, Alexa y Zoe

### EXAMPLES OF STUDENTS WORK AND PROJECTS



# EXAMPLES OF STUDENTS WORK AND PROJECTS

## PROJECT NAME: **FAKE NEWS** BY STUDENTS: **9<sup>TH</sup> GRADE STUDENTS**

1 Discover

2 Define

3 Develop

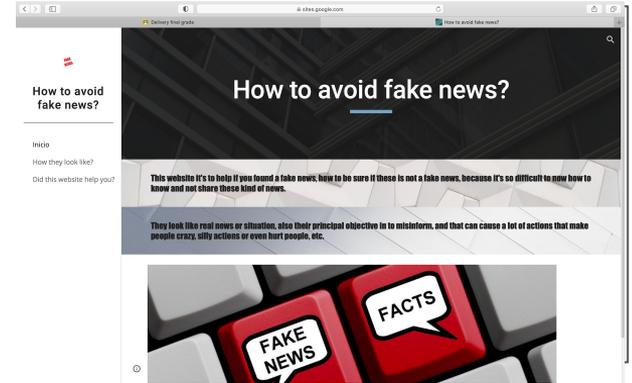
Tell us your opinion...

Combating Fake News

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Captura de Pantalla 2021-03-...



# SPECIAL THANKS TO...



**Élda Ortiz**  
8th grade English Teacher



**Fernando Vázquez**  
9th grade English Teacher



**Luis Ramirez**  
Middle School Psychologist



**Claudia Palacios**  
7th grade English Teacher

# QUOTES FROM TEACHERS ABOUT EMPATHY WEEK

Students being able to analyze why they are living what is living, how and why they feel what they feel.

**Fernando Vázquez, 9th grade**

I am now more open to observe, taking care of what I say in front of others.

**Élida Ortiz, 8th grade**

Students are not being indifferent to others people lifes, they care a lot about what is happening around the world.

**Claudia Palacios, 7th grade**

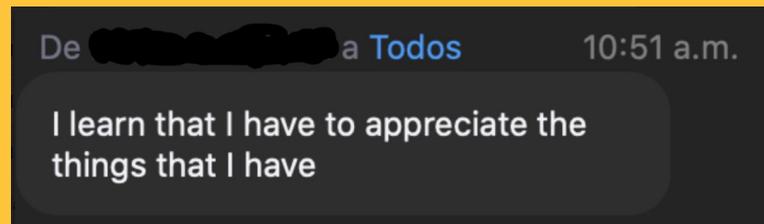
Please note - we will also send a survey to all teachers globally, it would be great for you to promote this in your schools amongst teachers

# QUOTES FROM STUDENTS ABOUT EMPATHY WEEK

I learned to be a good person with other people  
I learned about other people lives and experiences

**7th grade students**

Both empathy and social movements against racism are worthy of being disseminated to the entire world population because it should be a virtue of humans so that we can live in a better society. The "Empathy Week" is a very worthy project and should be applied in all educational and labor institutions in our country and the world.



**9th grade students**

# WHAT ARE YOUR HOPES FOR THE FUTURE OF OUR WORLD?

I hope everyone in this world could have opportunities to be themselves, happy, doing what they like and want, but also supporting, helping and being for others.

I hope people could be aware of their emotions to regulate them, and to act according to themselves, but others too.

I hope people could choose consciously what to think, what to say, and do, so they could act according to other people's lives, being aware of the consequences their actions might have in the world.

# HOW WILL YOU CONTINUE TO BUILD THE #EMPATHYGENERATION

I would like to continue being part of the Empathy Week as Ambassador supporting from my strengths and experience:

- Supporting and coaching teachers
- Developing curiosity
- Sharing Conscious Leadership & Authentic Listening framework and tools, etc.



# EXTRA MEDIA FROM STUDENTS

*The Last Plan*

Global warming is the observed increase in the temperature of the Earth's climate system and its effects over more than a century.

**Campaign**

What we plan to do is a campaign that encourages the use of electronic devices less, since telephones and batteries pollute the environment a lot and this can generate a big problem in the ecosystem.

**It's time to take action.**

Humanity has the means to drastically reduce greenhouse gas emissions and thus avoid the catastrophic consequences of global warming if we change our lifestyles.

**Why do electronics pollute**

The elements cadmium, lead, lead oxide, antimony, nickel or mercury. These are elements that pollute rivers, lakes and seas, and emit gases into the atmosphere that cause imbalances in ecosystems.

**It's time to take action.**

We have the idea that in certain parts of the country to put some containers that can, so to speak, throw away the electronic devices that they do not want and we could recycle the components that they have inside, we think that in this way we can achieve that people begin to be more aware about how important is to take care of the environment and that they start to take measures to conserve it.

Mentimeter

## HAVE YOU EVER FELT LIKE THIS? WHY DO WE SOMETIMES REACT NEGATIVELY TO DIFFERENCE?

Si, porque el ser humano por naturaleza le tiene miedo a lo desconocido

Si, porque es algo nuevo a lo que probablemente tengamos miedo de descubrir.

-si-porque al no estar acostumbrados a esto se nos facilita mas rechazarlo. Lo cual no esta bien

Si, porque es algo natural

Because its in our nature as humans to fear the unknown, we will always fear change and so our race will never be truly able to evolve.

si la verdad es que si, porque suele ser porque de la manera de como te ven o de como te describen

al no conocer algo es mas fácil reaccionar negativamente

1.- Si 2.-porque nos sentimos excluidos

Muchas veces lo diferente nos asusta, pues a veces esto se puede relacionar con lo desconocido, algo malo.

Not knowing something makes it easier to react negatively.

Yes, because being human by nature is afraid of the unknown.

Yes, the truth is that they do, because the way they see you is the way they describe you.