



Learning Framework

Empathy Week 2022

Together, we are building the

Empathy Generation

www.empathy-week.com



Learning Framework

Films and Reflections

Empathy with
myself

Empathy with
others

Empathy in action projects
+ *Global Empathy Awards*

Stage 1 - Discovering Empathy

Core learning: 5 films with structured reflections (15-20 mins per session).

Stage 2 - Building Empathy

Continued learning: 10 x 20 minute session responding directly to the films and developing key empathic skills.

Stage 3 - Empathy+

Additional opportunity: 6 week student-led social action practising empathy in real life.

Core learning

	Ages 5-7	Ages 8-10	Ages 11-14	Ages 15-16	Ages 17-18
Aims	<i>Empathy Week core learning resources will:</i> <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.				

Continued learning: 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 with which they can 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, students will be guided to discuss these in a non-judgmental approach, designed to minimize fear or stigmatization of any particular feeling or opinion.

Key Skill 2 Applying Empathy

Aim

To enable students to take empathic action to maintain their own wellbeing.

Rationale

By developing empathy with themselves, students will be guided to understand what helps and hinders their own wellbeing. Application of this will enable them to respond to the feelings they experience in a proactive way, learning to accept and value who they are. Students will learn actionable responses to stressful or difficult times and will also learn 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. When developing this skill, students will also learn how to allow space for others when forming and maintaining relationships, including when leading others.

Continued learning: 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 relate a tangential experience of our own which may obscure someone else's message. Students will practise listening without being distracted by their own experiences and responses, and will learn to prioritise whoever they are listening to over themselves. Students will learn to listen, reserve judgement and build relationships, including when leading others.

Key Skill 5 Valuing Perspectives

Aim *To equip students with the skills to engage empathically and respectfully with people who have a different opinion to them.*

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. Engaging empathically with an opinion which differs from one's own leads to greater levels of tolerance which avoids future 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.

Key Skill 6 Setting Intentions

Aim *To empower students to set intentions with empathy.*

Rationale By learning to consider and understand the environment and other people 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.

Additional opportunity: Empathy+

EMPATHY IN ACTION

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.

**EMPATHY
WEEK**

**To change the world you first
have to **understand** the
people in it.**

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