

**EMPATHY  
WEEK**

# School Information Pack

**Empathy Week - 21-25 February 2022**

Together, we are building the

**Empathy Generation**



BBC  
RADIO



THE TIMES  
THE SUNDAY TIMES

BBC

ABILITYNET  
TECH4GOOD  
AWARDS  
2021

EMPATHY

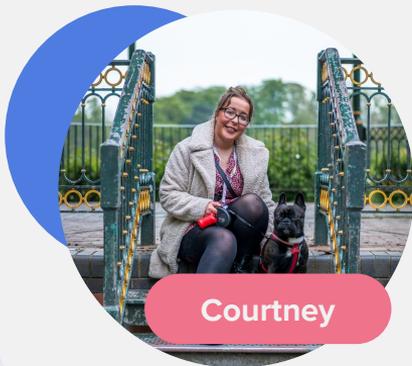




Kwasi

# Passion & Purpose

Theme for Empathy Week 2022



Courtney



Dami



Lipa



James

# Empathy Week

Empathy Week is a global schools programme using the power of film to enable students all over the world to discover and build empathy.

Each year, we create five beautiful and cinematic short films, telling the stories of amazing and unique individuals. Using our differentiated resources, teachers are able to facilitate specially designed lessons responding to these stories.

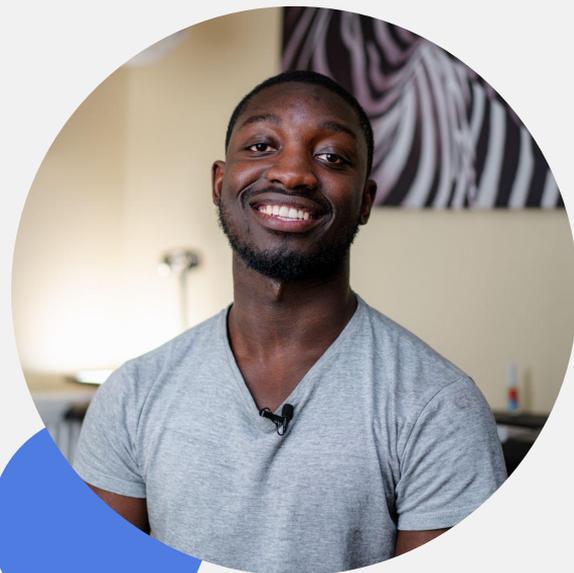
In addition, we strive to create unforgettable experiences for students, helping to foster a deeper understanding of empathy and its applications in the real world.

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

**Are you in?**

**WATCH THE TRAILER**

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





# Empathy

The skill to **understand** another person and the ability to **create space** for someone to reveal their authentic self whilst **reserving judgement**.

# Who are we?

We're a team of qualified teachers and creatives, supported by a community who believe in our mission including our Empathy Week ambassadors, our international teacher community and our wonderful team of advisors on all things empathy.

At Empathy Week, we believe that empathy - the ability to understand other people's thoughts, feelings and perspectives - is the most important and vital skill for personal and professional development in this ever-changing and increasingly connected world.

The education system is currently broken but it is fixable. With amazing teachers across the world dedicated to ensuring students have a better future wherever they are, we know we can build the #EmpathyGeneration.

We exist to make that possible; to provide the materials, films and expertise to ensure every child leaves school with the skills of empathy and leadership.



**Meet Ed, the  
Founder**

# Our partners

We take pride in partnering with other organisations who are dedicated to building the Empathy Generation with us and have a commitment to providing opportunities for students across the world.



# The Empathy Generation

We have a vision of an education system which puts empathy at its heart.

An education system where a generation of young adults emerge, equipped with the skills, motivation and mindset to take on society's greatest challenges. A future where more people seek to understand others whilst reserving judgement.

**If a child takes part in Empathy Week every year from age 5-18, they will have watched, heard and felt the stories of 65 unique and unforgettable people, from all kinds of backgrounds.**

These students will leave education with a deeper understanding of empathy through the stories they've engaged with, and the experience of putting empathy into action.

Over the past two years **we've engaged over 100,000 students from 40+ countries**, providing them with incredible experiences to develop the skills of empathy, leadership and resilience.

But to achieve our mission, we need more schools to get involved.



**In just two years,  
we've engaged  
100,000 students  
in 40+ countries!**

# The programme



## Empathy Week

Five powerful human films, available to watch in your classroom from Empathy Week onwards.

**21 - 25 February 2022  
(and beyond)**

### Stage 1

**Discovering Empathy**

## Our Lessons

20-30 minute, age-differentiated lessons linked to the films, focusing on building empathy for ourselves as well as others.

*Use them anytime during or after Empathy Week.*

### Stage 2

**Building Empathy**

## Global Empathy Awards

Support your students to complete **Empathy Action Projects**, submitting your school's winning project to the Global Empathy Awards.

*Submission deadline 30 April*

### Stage 3

**Empathy+**

# Choice and flexibility



Many of our team are qualified teachers who understand the challenges in managing the pressures of curricula and timetables alongside the duty to ensure students are happy, healthy and learning.

We've divided our programme into three stages and it is up to you as a school as to whether you progress past Stage 1 in the year ahead. You can always come back to the other stages later on!

**Stage 1 | Discovering Empathy** - Watch the 5 films in and around current timetables easily

**Stage 2 | Building Empathy** - Take it further with our supporting lesson plans and materials

**Stage 3 | Empathy+** - An additional opportunity to use and put empathy into practise.

**Can't fit all the films into one week? No problem!**

Many schools participate in Empathy Week by spreading the films out across 5 weeks. The resources are perfect for assemblies, and spreading the content over time can help to keep the conversation and development of empathy going, even if your students only take part in stage 1!

# Learning Framework

Films and Reflections

Empathy with  
Myself

Empathy with  
Others

Empathy Action Projects  
& the 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:** 10x 20 minute sessions 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.



# Discovering Empathy

Use our cinematic and powerful films to introduce you students to five incredible individuals, all living out their *Passion and Purpose* in different ways.

Alongside the films, you can hold short, structured reflections with your students to explore the themes further.



**Meet Kwasi**, who's story explores chasing his passion for music, going against the grain and being willing to fail.



**Meet Lipa**, who's story explores being a young woman in football, racism and "changing the world with a hijab on her head and a football at her feet".



**Meet James**, who's story explores his experience of living with Downs Syndrome and living the dream, and how his disability doesn't define him,

# Discovering Empathy



**Meet Dami**, who's story explores her experience of moving countries and her parents being deported, immigration status, resilience in chasing her goals and going to university.



**Meet Courtney**, who's story explores mental health, growing up homeless and understanding LGBT+.

**Important Note:** There are laws in some countries prohibiting certain educational content.

Where content is not able to be shown, these topics are removed from the films and materials, ensuring students in these countries can still gain access to the power of Empathy Week's valuable content.

We always seek permission from the people in the films before editing their stories - this is paramount for us.

# Building Empathy

The *Building Empathy* learning resources respond directly to the topics featured in the five films, going deeper into the process of empathy skill building. Through a combination of personal reflection and engaging activities, students will develop six key empathic skills, as detailed below. All resources are differentiated for students aged 5-18 years.

## Empathy with Myself

### Processing Thoughts and Feelings

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

### Applying Empathy

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

### Preparing to Connect

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

## Empathy with Others

### Listening with Empathy

*To understand and practise empathic listening.*

### Valuing Perspectives

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

### Setting Intentions

*To empower students to set intentions with empathy.*

# Empathy+

*Empathy+* is an additional opportunity where students can further develop their empathy skills and by putting it into action. All Empathy Week packages provide a student and teacher workbook with a structured social action plan for students to follow.



March 2022

April

May

June

Students (or class)  
choose a project area

6-week  
project

In-school  
competition

Submit best  
project

Global Empathy  
Awards

## How will students complete the projects?

**Ages 5-11** will take part in classroom projects, with teachers supporting using the appropriate workbooks.

**Ages 11-18** will take on a project of their choice as a group or individually, supported by the workbook.

# Empathy Action Awards

Schools can submit their best Empathy Action Project to the *Global Empathy Awards*, taking place in late June 2022. Our judges are experts in the field of education and assess each entry to decide on a winner. There are two awards: *Outstanding Primary School* (ages 5-11) and *Outstanding Empathy Action Project* (ages 11-18).

## Our Judges



**Gavin Dykes**  
Director, Education  
World Forum



**Dr. Melissa Collins**  
Principal & Top 50  
Global Teacher Prize



**Prof. Dr. Ger Graus**  
Global Director of  
Education, Kidzania



**Bhawana Shreshtha**  
Founder, My  
Emotions Matter

**Click to see the  
winning project from  
Empathy Week 2021!**

# Packages

## 5-10 Years Package

- 5 Films for ages 5-7
- 5 Films for ages 8-10
- 2 x supporting lessons per film
- Student work pack
- Teacher support pack
- Parent pack
- Empathy+ Action Project
- Downloadable certificates
- and more...

**£600**

## 11-18 Years Package

- 5 Films for ages 11-18
- 2 x supporting lessons per film
- Student work pack
- Teacher support pack
- Parent pack
- Empathy+ Action Project
- Downloadable certificates
- and more...

**£850**

## 5-18 Years Package

- 5 Films for ages 5-7
- 5 Films for ages 8-10
- 5 films for ages 11-18
- 2 x supporting lessons per film
- Student work pack
- Teacher support pack
- Parent pack
- Empathy+ Action Project
- Downloadable certificates
- and more...

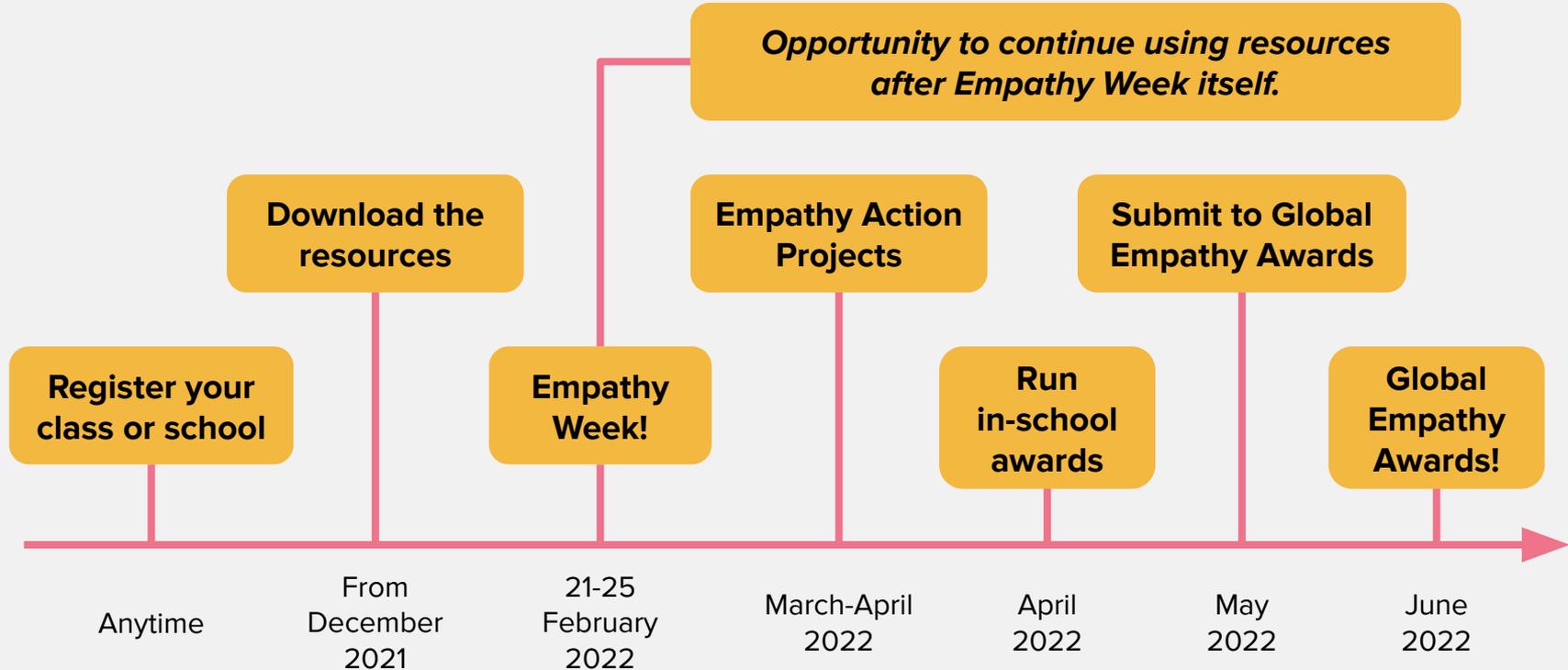
**£1250**

**We make our programme free for state/government schools across the world.** This gives access for every student in the world to experience the power of Empathy Week. Each Independent school can note that their purchase helps to fund access to 2 other schools.



**Try for FREE**

# Timeline to 2022



# Teacher testimonials

"We absolutely loved Empathy Week and we got lots of thoughtful discussions out of it, the resources and videos were fantastic and really exposed the children to lots of social issues that they might not be exposed to here in Dubai. We also had some lovely feedback from parents that this was then being discussed around the dinner table. We are definitely hoping to do it again next year!"

***Amanda Strachan - Assistant Headteacher (Primary), Dubai British School, UAE***

"Empathy Week was a wonderful opportunity to heighten our students' awareness of this important value. I've really noticed that since then, both the word 'empathy' and its value – that we should all appreciate the perspectives and experiences of others – has become much more a part of our school language and culture."

***Kathryn McDonald - Director of Pastoral Care K-12, Arden Anglican School, Australia***

"It was an amazing experience for the whole school community. Getting to see my students grow in their understanding of others around the world who had quite different identity markers than them was so important. I'm looking forward to taking part in Empathy Week year on year and helping to build the #EmpathyGeneration."

***Jordan Weatherl - Special Educational Needs Teacher, DSST, Byers High School, Colorado, USA***



**Hear a British teacher speak about using  
Empathy Week during a 2021 lockdown**

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

**REGISTER HERE**

**CONTACT US**

**WATCH THE TRAILER**

**[www.empathy-week.com](http://www.empathy-week.com)**

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