



# 2021 Case Studies

from across the world

Together, we are building the

**Empathy Generation**



# Select your case study

**Ankit - Teacher from India**

**Kina - Teacher from Mexico**

**Nestor - Teacher from Ecuador**

**Bhawana - Teacher from Nepal**



# Ankit Negi

Teacher in India

# Teacher profile

## Who are you?

My name is Ankit Negi, and I teach Mathematics and Science to 102 VIth graders (Class of Magicians) in a Government school in Pune, Maharashtra for my Two year Teach For India Fellowship, to become the leaders of the future.

## Where did you grow up?

I grew up in Kotdwara, a Town and Tehsil, in the outskirts of the Pauri Garhwal Hills of Uttarakhand state in India.

## Why did you become a teacher?

The desire and passion to Teach was always there as I was passionate about teaching and the other being that I want to provide my support in extending elementary and secondary school education to the common people, especially in the lagging hilly regions of Uttarakhand.

## Why are you proud to be an Empathy Week ambassador?

I am proud to be an Empathy Week Ambassador as by being a part of this activity I would be able to teach my kids about empathy in action and that empathy is a key element in developing respectful, mindful, and responsible community members in students in school and in their life.

## What is your vision for the future?

My vision for the future is "To develop a well formed mind in students in addition to a well educated mind thereby making them problem solvers and self learners."



# Community and School

## **Background on your school?**

K.L.V.S E-Learning School is one of the few E-Learning Schools in Pune District. The School is situated Yerawada community of Pune District and has one of the best infrastructure amongst different schools which comes under Pune Municipal Corporation (PMC).

## **How many students and what are their backgrounds?**

There are approximately 800 students in the school as of academic year 2020-21 and most of the students belong to the Kanjarbhat, Gandhi Nagar, Jaiprakash Nagar and Laxmi Nagar communities of Yerawada.

## **What do you enjoy about your school.?**

The school has one of the best infrastructure in Pune so some of the things that I really enjoy are Indoor games arena, Science lab and the ground where we play cricket and Football with students,

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

As most of the students come from under-privileged section of the society so I fear some of them might start working after they pass their 10th standard or even before. For few others whose parents are invested in their learning I hope they will become empathetic and compassionate professionals.



# Student & Teacher quotes

“After watching all the five films I got to know about the experiences of people who faced different challenges in their lives and how they overcome those challenges. After every film I used to reflect on my journey as a student and how I can achieve success in my life.” - **Gaurav Jadhav (Grade 7th)**

"Bhaiya it is important for us to not to judge any individual in our life" - **Sai, Grade 5 Student**

"I learned about courage after watching Shu's story" - **Gauri Dhotre, Grade 7 Student**

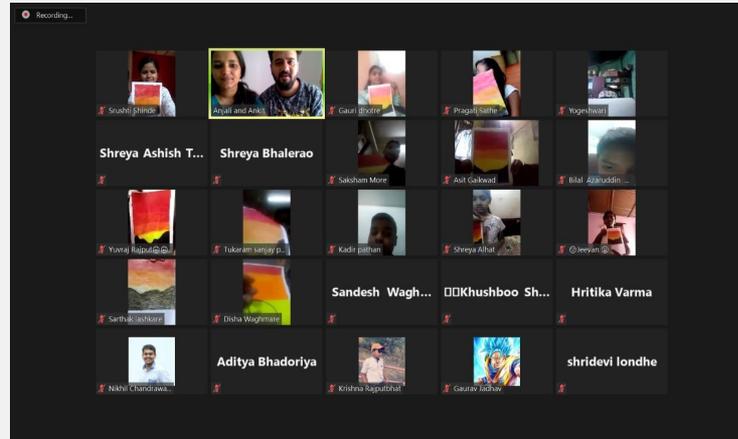
“Empathy week has lots of beautiful films this year, I loved all the movies as they taught us different things about life like not to judge other people, caring about our family members.” - **Ankita (Grade 7th)**

“Films taught us how it is very important for us to talk about good times and bad times. Every person has good and bad time in their life so we should talk with our loved people, it helps.” **Vinayak (Grade 7th)**

“I feel empathy week project has really helped students understand the word better and involve themselves into actions of empathy. It helped students think deeper and think from others perspective. The discussions during the empathy week sessions helped brought change in the mindset of how these students think about each other now. I liked the interactive participation of our students during the movie week of empathy week.” - **Anjali Negi (English Teacher)**

# Student projects

Students decided to come together and run their own coloring workshop for other students as an activity to help others during the lockdown. The project was held over Zoom and students were able to be part of something which allowed them to learn a new skill whilst also being included again socially.



# Ankit's reflections

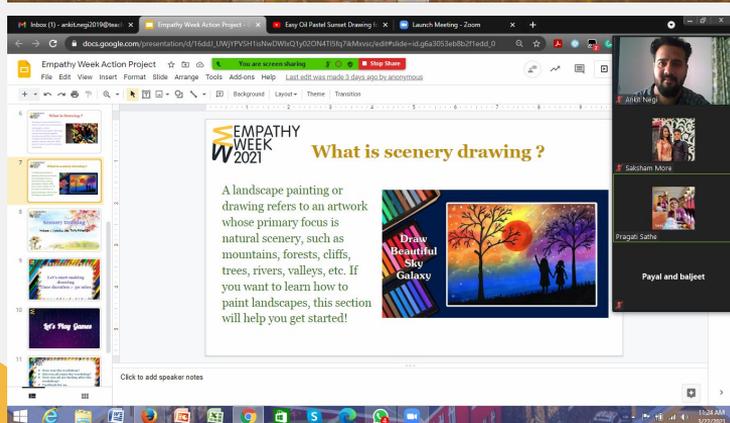
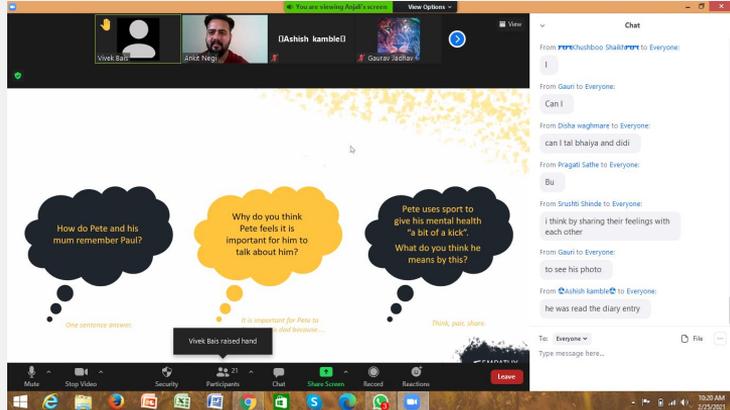
## Hopes for the future

- Human beings learn to co-exist with other living beings in this planet.
- All of us become self and socially aware, better manage ourselves, develop meaningful relationship and take informed and responsible decisions.
- People respect the individuality of a person and they don't judge anyone.
- Our work is able to bring a change in our society, individuals actively conduct themselves empathetically and practice reflective listening more often.
- I will be able to create an environment in my classroom wherein students will observe, think, enact and reflect on their actions, wherein they will listen closely to their peers and adults.

## How I will continue to build the #EmpathyGeneration

- We as Teacher Ambassadors keep amplifying this movement of the 'Empathy Generation' everywhere we go.
- Invest in student alumni of Empathy week and encourage them to keep on spreading the good work of Empathy Week in their communities.
- Amplifying the projects being undertaken by students as part of Empathy Week Action Project and sharing the update with Empathy week to spread the news using the power of social media.

# Photos from Empathy Week





# **Kina Vargas**

Teacher in Mexico



# Teacher profile

## Who are you?

I am Karina, best know as Kina Vargas.

## Where did you grow up?

I grew up in Mexico City and am really proud of being Mexican!

## Why did 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.



# Community and School

## **Background on your school?**

Queen Mary School is located within Mexico city and in 2021 we are celebrating the 70th 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 do you enjoy about your school?**

Working with my colleagues and listening to students (what they like, what they do, etc.) and working through the challenges we face day by day.

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

I hope they could start their own projects after becoming more aware of their communities and their needs.



# Student & Teacher quotes

“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**

“Empathy is to 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**

“I’ve learnt to put myself in someone else's shoes and understanding their situation or at least trying to understand their situation and emotions” - **8th grade student**

“It is the ability to connect with the emotions of others, understanding how they feel in each situation, be it pleasant or unpleasant” - **9th grade student**

“Students are not turning their backs on other people’s lives, they care a lot about what is happening around the world.”  
**Claudia Palacios (7th Grade teacher)**

“I am now more open to observe, taking care of what I say in front of others” - **Élida Ortiz, 8th grade teacher**

“Students being able to analyze why they are living and what is living a good life, as well as how and why they feel what they feel.” - **Fernando Vázquez, 9th grade**

# Student projects



**Project name:**  
Mindful-health

**By students:**  
Matilda, Maryah, Alexa y  
Zoe

# Student projects



**Project name: Fake News**

**By students:  
Arias, Rocio, Emilio and Iker  
(9th Grade)**

# Kina's reflections

## Hopes for the future

- I hope everyone in this world can have the opportunity to be themselves, happy, doing what they love and want but also supporting and being there to help others.
- I hope people can become more aware of their own emotions so that they can regulate them more effectively and act with respect to themselves as well as others.
- I hope people can choose consciously what to think, what to say, and do, so they could act respectfully to other people's lives - being aware of the consequences their actions might have in the world.

## How I will 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 to better understand the use of empathy as a skill
- Developing curiosity in my students
- Sharing Conscious Leadership & Authentic Listening framework and tools, etc.

# Examples of student learning online during Empathy Week

*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



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

Mentimeter

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.



# **Nestor Silverio**

Teacher in Ecuador

# Teacher profile

## Who are you?

My name is Néstor Silverio, soon-to-be alumnus of the Enseña Ecuador program, an organization member of the Teach For All network.

## Where did you grow up?

I grew up in Quito, Ecuador.

## Why did you become a teacher?

Growing up I was exposed to discrimination because of who I am. I wanted to become the kind of adult that I needed when I was at school.

## Why you are proud to be an empathy week ambassador? E

empathy Week has been a great opportunity to address different social issues with my students, ranging from identity to mental health.

## What is your vision for the future?

I believe in a future where everyone knows how important their voice is.

#MyPassionMyPurpose

**Nestor  
Silverio**  
Ecuador

"My main motivation for becoming a teacher is the opportunity to give every student a voice. I believe that we have to have empathy and the opportunity of expressing and feeling each other's stories- even leading and teaching from our lived experiences."

**EMPATHY  
WEEK**

In partnership with **tes**

# Community and School

## Background on your school?

Background: the “Juan Francisco Leoro Vásquez” school is located in the northern part of Quito. It offers primary education to children ages five to twelve.

## How many students and what are their backgrounds?

It has around 500 students, of whom a 30% is Venezuelan. Most students are exposed to economic vulnerability, specially since the lockdown affected their parents' incomes (working in restaurants, for example)

**What do you enjoy about your school?** Parents and learners alike are very kind and caring. Although their economic shortcomings, they are always looking to share meals and make newcomers feel welcomed in the community.

**What do you hope your students will go on to do in the future?** I hope they continue studying and helping their community. They all have dreams of becoming doctors, veterinarians, or firefighters



# Students quotes

## Before Empathy Week

Go to [www.menti.com](http://www.menti.com) and use the code 89 62 40 5

WHAT IS EMPATHY FOR YOU?  
¿QUÉ ES EMPATÍA PARA TI?

conciencia  
donar ropa  
ayudar a los demás  
ayudar a los de mas  
sentir lo que la persona  
la empatía para mí es ser  
ponerse en lugar de otro  
ponerse en el lugar del  
si sonreírse  
palabra nueva  
como te sientes  
amistad  
amor  
sentimientos  
sonreír ser conteto  
compasion  
conciencia  
nada mas  
otro  
apoyar a los necesitados  
la empatía para mí es ser  
ponerse en lugar de otro  
ponerse en el lugar del  
y donar ropa y jugetes  
si sonreírse  
palabra nueva



## After Empathy Week

Go to [www.menti.com](http://www.menti.com) and use the code 1229 1314

What is empathy for you now? / ¿Ahora qué significa empatía para ti?

de otro  
sentirse identificado  
personas  
ser mas amables con las  
tener buenas intenciones  
ser agradable  
pensar iguales  
los demás y ponerse en  
los zapatos de otros  
ponerse en los zapatos  
ayudar a las personas  
compresión  
cercanía  
no discriminar  
diferente que sea  
se ignifica solidaridad  
discriminar a nadie por  
ayudarnos unos a otros  
ser amable y cariñoso  
para mi empatia es no  
otros

On February, the 17<sup>th</sup>, learners discussed what empathy meant for them. Some of their answers were “donating toys and clothes”, “love” and “helping others”

On March, the 22<sup>nd</sup>, learners discussed what empathy meant for them after experiencing Empathy Week. Some of their answers were “valuing people”, “walking a mile in someone else’s shoes” and “identifying ourselves”

# Student projects

**Project name:** Discussing inclusion

**Student:** Ismael Muñoz



**Project name:** The Inclusion Song

**Student:** Valeria angulo



# Nestor's reflections

## Hopes for the future

Our world is currently facing challenging times, when discrimination and bigotry are ever present in our societies. My hope for our future is that, through education, we can heal these wounds, remembering that everyone is important, and as human beings we deserve respect and equal opportunities, regardless of our country, identity or background.

## How I will continue to build the #EmpathyGeneration

As I am finishing my two-year program at Enseña Ecuador, I can safely confirm that my life changed entirely. During this time, I had the opportunity of learning from my students and know I conceive education as the main source of hope for our societies. Empathy Week inspired me to continue working on education once I become an alumnus from the Teach for All network. I wish to continue building the #EmpathyGeneration through our organization and, as ambassador, by sharing the resources in other languages.





# Bhawana Shrestha

Educator in Nepal

**Read the full Nepali report here**

The following slides give an overview of Bhawana's work in Nepal. For the full impact report (25 pages) please click the link above,

# Educator profile

**Bhawana Shrestha** is a Ph.D. candidate of Educational Leadership at Kathmandu University School of Education. She is exploring the answer to her research question, 'How do I improve my practices as the founder of an education initiative that works on the field of Emotional Intelligence?' and is trying to generate her living theory on educational leadership that will contribute to the 'flourishing of humanity'.

Currently one of the faculty at King's College, she had started her career as a journalist which she later switched, in 2013, to serve as a Teach for Nepal Fellow in a rural area of Nepal for three years. Her academic research as well as her work experiences made her realize the importance of emotional intelligence in Nepal which led her to start My Emotions Matter, a purpose-driven enterprise that works around emotional intelligence.

**Shrestha is also working as one of the educational consultants at UNICEF** to provide additional support on technical content development of the interpersonal relationship and problem-solving module for the 'Helping Adolescents Thrive' (HAT) project. She is an alumna of 'Living Through Lived Experience' fellow as well as a TED fellow of Teach for All. A redemptive storyteller, Bhawana believes in living a meaningful life and is fond of plants, poetry, and paintings. Bhawana, and her colleagues, recently published their first book on emotional intelligence - My Emotions Matter: A guide to managing and expressing emotions positively.



# Community and schools

Bhawana co-ordinated Empathy Week across 4 schools in the Kathmandu area of Nepal.

1 - Panchakanya Basic School

2 - Nandi Secondary School

3 - Tilingatar School

4 - Dwarpaleshwor School



# Panchakanya Basic School

## Impact on students

Students from Panchakanya School usually came from underprivileged backgrounds and these are the students that have been working at other people's houses as a means of living.

Thus, there is a chance that the students from Panchakanya themselves have gone through situations which were challenging and hopefully the stories gave them a chance to rejoice on the fact that they aren't alone. When explaining the stories, anecdotes and sharing of personal experiences of the students were also encouraged and some students also felt comfortable being vulnerable in the class.

For instance, when explaining the story of Shu, which mostly revolved around feeling excluded, one of the students from Panchakanya shared that he too felt excluded when he had gone to his neighboring country.

Likewise, when explaining Habib's story which was also closely related to acceptance of diversity, one of the students shared how other students earlier used to tease her by her name because the name was very different.

Hence, to look at it from an overall perspective, the sessions from Empathy Week did give an opportunity for students to share their personal experiences and find someone to relate to. Whilst all of this, one major lesson that the students took with themselves after the classes got over was that resilience is an important skill and even when life's problems knock us down, it is important for us to get back up.

# Panchakanya Basic School

## Quotes from students

### Student Quotations:

One of the students from Panchakanya School stated that, *“The major learning that I derived from all of the stories is that you should not give up when life throws problems at your way. You deal with those problems and move on. The stories of all the five people we listened to in the Empathy week were really inspiring. Now, I really look forward to doing the project and learn something new from there as well.”*

Another student from Panchakanya School stated that, *“We should not be discriminating against people. We should love everyone around us and be inclusive. Even if problems come up, we should look for solutions. If we work in unity, we will definitely find solutions.”*

# Panchakanya Basic School

## Quotes from teachers

### Teacher Quotations:

*She shared, "The classes gave students a lesson on dealing with life's challenges and problems. Even I felt joyful when attending the class. On the days that we had sessions, we would be excited to even prepare ourselves for the class. I could see my students being curious about the stories they listened to in Empathy week. Right now, I can see my students being curious about Empathy Action Projects and as I see that my students are feeling curious about something, it makes me feel joyful too."*

*The teacher also further shared, "I learnt that importance of encouraging students. If we can encourage our students, then that is a big gift we are providing them. The stories from Empathy week encouraged the students to look at everyone around them equally. I have even kept a record of the stories that were shared in the five days of Empathy week. When my students feel demotivated and discouraged in regular classes, I will share these stories with them with the hope of providing them much needed encouragement."*

# Nandi Secondary School

## Impact on students

The overall impact of Empathy week in student's life is in providing the students a safe space to voice out their emotions. The students from Nandi Secondary School shared their emotional experiences vulnerably in Empathy week. Thus, the sessions of Empathy week were seen as successful in providing a safe space to students to share their emotional experiences and such a safe space to express is usually considered as beneficial by teenagers.

Apart from that, the students from Nandi seemed to have gotten better in their understanding of the term 'empathy' after taking the classes. Their understanding got better not only in the literal sense but also in terms of its importance in the use of daily life.

Similarly, the other theme that really resonated with students from Nandi secondary was that of diversity. Classes from empathy week gave students a wider exposure to the discrimination which exists in the society. The classes helped students acknowledge that problem of discrimination still exists in the society and this problem can only be solved by applying empathy in interpersonal relationships.

Overall, the classes on Empathy week provided the students a chance to learn from other people's stories. The storytelling format used in Empathy week helped students learn in a fun way while also helping them take some valuable life lessons.

# Nandi Secondary School

## Quotes from students

### Student Quotations:

A student from Nandi shared, *"After taking the classes, I learned a lot of things. For example, we should not discriminate other people around us based on their body shapes and sizes or based on their language and roots. When we discriminate others, it can hurt them. This hurt in other people can diminish the talents they have within themselves and they can find it difficult to face others."*

The same student further shared, *"If something is bothering us a lot, we should try to share it with others and we should try not to keep it within ourselves. And also if we observe ourselves struggling a lot with negative thoughts and emotions, then we should not hesitate to visit a psychiatrist or even share it with our family members."*

Another student shared, *"I felt very joyful. We could freely express ourselves in Empathy week sessions ....By listening to the different stories, I could learn different things. For example, rather than bothering about how others think of us, we should first look at ourselves and how we see ourselves. We can only change others by first beginning the change from ourselves. We can only save others if we save ourselves first. Many a times, in the process of helping others, we try to ignore ourselves but that should not be done."*

# Nandi Secondary School

## Impact on teachers

Upon having a conversation with the principal of Nandi Secondary School who became a part of the session as the session observant, she said that a good aspect of the session of Empathy week was that it gave a safe space to students to express themselves freely. She stated that while students might not be able to talk with such openness in front of all the teachers and in all the classes, the classes on Empathy week definitely did provide that platform for openness to the students.

Likewise, a separate project coordinator was designated from Nandi Secondary School to co-ordinate and manage the classes of Empathy week. In a conversation with him, he shared that he is hopeful that designing Empathy Action Projects shall help students unleash their creativity levels.

*He shared, "Every student has a hidden talent within them. When students work in a team, their talents will complement each other and they will create something new. This process will definitely help them unleash their creative potential and take back a lot of practical skills."*

# Tilingatar School

## Impact on students

The overall impact of the Empathy Week classes in the life of students has been their increased understanding of self-love. As teenagers, it is natural to struggle with self-esteem issues or want to feel belonged in a social group. However, the stories from Empathy week touched student's hearts and helped them understand that it is okay to be different and every individual has their own unique hidden talent.

Alongside the five stories of Empathy week, the development of Empathy Action Project is also expected to build practical skillset among students which is quite important in the 21st century world. Thus, empathy week has provided exposure to students in two folds – i. it has helped them acknowledge the problems that exist in the world and ii. it shall help them develop practical skills when designing the project.

# Tilingatar School

## Quotes from students

### Student Quotations:

One of the students from Tilingatar School shared, *“When someone is in pain, there are different ways in which you can support them. Every person has their own talents. Every human being is different but being different is not being bad. Difference can also mean everyone has their own uniqueness. Everybody has their own unique talent.”*

Another student from Tilingatar School stated, *“Empathy is the ability to understand other people’s emotions.”*

# Tilingatar School

## Impact on teachers

Even though the teacher from Tilingatar School could not be a part of the Empathy week sessions fully, he did share his opinions saying that the students have become more independent in their approach after taking the sessions. Even in the process of building the Empathy Action Projects, the students have become more proactive in the approach.

Apart from that, the teacher from Tilingatar School also said that the students have now started believing that emotional and social support is also one of the greatest help they could provide to people around them. Even though they might not be able to support their near and dear ones with materialistic stuff, they can still provide them emotional support.

The teacher from Tilingatar School stated, *“We would like to extend our gratitude for conducting this program and giving our students an opportunity to learn something new. We are hopeful that we can further continue this program in the future as well and as we continue this program in the future, our students will hopefully get to learn and come to know about newer things.”*

# Dwarpaleshwor School

## Impact on students

The overall impact of Empathy week in the life of students was giving them a platform to understand and talk about emotions during their teen years. When a person is in their teen years, getting space to understand more about emotions can be quite helpful and that space was provided to the students via sessions of Empathy week.

However, the overall impact in the life of students was not seen as very high in case of students from Dwarpaleshwor School. The reason behind the limited impact being the lack of accessibility of devices among the students and their background. The students of Dwarpaleshwor School had just one laptop from which all the students would sign up and they would look at the educator as though she were a lecturer. This limited the opportunity of engagement for students in the class and hence impeded the impact of the classes on students.

Likewise, the other reason why the classes also had limited impact in the student's life was the placement of the classes. The sessions for Empathy week were placed exactly during the lunch hours of the students and hence the students had to skip their lunch to become a part of the classes and their lunch happened 40 minutes late because of the classes. Having to empathize with the students, having to postpone lunch hours for classes might have been something which reduced the engagement of students in the class thus limiting the class impact.

# Dwarpaleshwor School

## Quotes from students

### Student Quotations:

A student from Dwarpaleshwor School stated, *“I understood that you should never give up.”*

Another student from Dwarpaleshwor School stated, *“It is important to accept ourselves even when we feel we are different from others. It is important not to discriminate one another.”*

# Dwarpaleshwor School

## Quotes from teachers

### Teacher Quotations:

The teacher from Dwarpaleshwor School stated, *“Empathy week has surely impacted the students. I see them being inquisitive about the classes and coming to me with questions on the classes. When they don't complete the tasks assigned to them during the Empathy week classes, it does bother them and this in itself shows that the students were interested in the class and the classes made them think. Had the classes not left them thinking, I don't think they would be bothered about the classes or what they learnt in the class at all.”*

The teacher from Dwarpaleshwor School also stated that the program on Empathy week would be extremely helpful for students of class 8, 9 and 10 since the students are in their teens. The teacher stated *“Programs like empathy week can help in propagation of newer teaching methodologies in a better way. In the traditional teaching system, the focus is on making the students learn by using negative reinforcements like punishing them or scolding them. However, this is not the most appropriate way to teach students and with classes like empathy week, we can move from the traditional methods of teaching and learning to a more empathetic way of teaching and learning which is critical for 21<sup>st</sup> century students.”*

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

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WEEK**

