

Lesson #2: Walk a Mile in Someone Else's Shoes-Empathy

Lesson Developer: Bev Dekker

Time/Grade: 1 hour lesson/ Grades 2-6

Key Concept: Teach students about the restorative justice approach with a focus on conferencing for dealing with discipline issues.

Objectives: The student will be able to identify a variety of feelings and at least 3 ways of demonstrating empathy and caring.

Materials:

- + Strips of paper
- + Feeling Words Poem
- + Feeling Pictures
- + Joseph's First Day of School
- + Role Playing Suggestions
- + Walk a Mile in My Shoes-Lyrics
- + Children's Picture Books: Don't Laugh At Me – Steve Seskin and Allen Shamblin; The Song Within My Heart – David Bourchard

Introduction: Write the phrase “Walk a mile in someone else's shoes” on the board. Brainstorm as a class what this phrase might mean. Record students' responses and save them for later in the lesson.

Concept Development/Learning Activities:

1. Read the poem aloud. Ask the students to listen for feelings as they hear it being read.
2. After the poem has been read, have students share as many of the feeling words and they can remember. Record them on the board as well as on strips of paper. Leave the words written on the board so that students may refer to them during the acting out activity.
3. Point out that it is perfectly normal to experience all of the feelings mentioned, but while everyone experiences them, each person feels and expresses them a little differently.
4. Discuss how we can tell what another person is feeling – facial expressions and body language
5. Put the students into groups of 5 or 6. Give each group enough “feeling strips” so that everyone in the group will get one. Students draw a feeling word out of a bag or can. They act out the feeling without using words. The rest of the group tries to identify the feeling being acted out.
6. Show the Feeling Faces pictures, one at a time, to the class. Have the feelings identified.
7. Read the story “Joseph's First Day of School” aloud and discuss it by using the discussion questions.
8. Focus on helping the students identify and understand the feelings of the children in the story, from their point of view. Explain to the students that this kind of understanding is called empathy-the ability to “feel with another person.”
9. Explain to the students that there are many ways to demonstrate empathy and caring. Put a list of ways on the board. Add to it if the students can give other ways.
10. Role playing activity to demonstrate ways of caring.

Closure/Summary:

1. Use the discussion questions from the Ways of Caring handout to conclude the lesson.
2. Play the song Walk a Mile in My Shoes or have the lyrics read aloud.
3. Refer back to the original statement of Walk a Mile in Someone Else's Shoes. Ask students if their interpretation of the words has changed. Get suggestions from students.
4. Read aloud one of the suggested children's picture books.

Assessment: Have students turn to a neighbour and take turns describing a way to demonstrate empathy. Following a description by one student, the listener gives an appropriate response. (high-five, smile, thanking, etc. any of the ideas on the list or any others that are appropriate) Each student tries to give 3 ways.

Curriculum Outcomes Addressed:

Grade 2-6 Health: Outcomes 1 and 2

Wellness Choices: Students will make responsible and informed choices to maintain health and to promote safety for self and others.

Relationship Choices: Students will develop effective interpersonal skills that demonstrate respect in order to establish and maintain healthy interactions.