

Lesson 8



Area: Be Inclusive

Title: **Caring and Empathy**

Objective: Students will be able to think about and express their feelings of care and empathy for others in a variety of situations.

Materials: Journal
“Caring and Empathy” Question Cards

Activity: Depending on the size and needs of your classroom, choose one of the following ways to present this activity.

1. Individual Activity

Give students two Activity Cards and ask them to respond in their journals.

2. Class Activity

Have students form outer and inner circles while standing. Students from the two circles should face each other (i.e. Students from the outer circle will face inwards, students from the inner circle will face outwards.)

Students will take turns asking the person in front of them a question from one of the Activity Cards and raise their hand when their done. When all hands are raised, have students in the outer circle shift to the left.

3. Pairs Activity

Divide students into pairs and give each pair one card. Give pairs 5 minutes to discuss their question. Call on pairs to share their discussion with the whole group.

Closure: Provide open-ended discussion time around the why it is important to think about the Activity Card questions, why is empathy and caring important, and how does empathy and caring make school more inclusive.



“Caring and Empathy” Question Cards

Directions: Cut out the following cards on the dotted line, for use with the lesson “Caring and Empathy”.



What is one act of kindness you have done for someone else that you are most proud of? Describe.



Some people are very compassionate toward others. Some people don't care about others (they are apathetic). Some people are down right mean towards others. What makes people treat others the way they do?



Complete the following sentence:
“Caring is...”



John Donne, the English poet, wrote “No man is an island.” What do you think he meant?



“Caring and Empathy” Question Cards

Directions: Cut out the following cards on the dotted line, for use with the lesson “Caring and Empathy”.



5

What are some things you do to show your friends you care?



6

Can some people care for plants or animals the same way that others care for people?



7

Describe a time in your life when someone really showed how much she or he cared about you. How did it make you feel?



8

A Native American proverb says, “You can’t understand another person until you walk a few miles in their moccasins.” What does it mean to walk in someone else’s shoes?



“Caring and Empathy” Question Cards

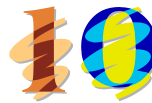
Directions: Cut out the following cards on the dotted line, for use with the lesson “Caring and Empathy”.



Ann Landers said,
“Hate is like acid.

It can damage the vessel in which it is stored as well as destroy the object on which it is poured.”

Complete the following metaphor: “Love is like...”



The more you give, the more you receive.

Do you think this is possible? If so, how?



Mother Teresa spent much of her life loving needy

people. She said “I have found the paradox that if I love until it hurts, then there is no hurt, but only more love.” What does it mean to love until it hurts?



People show they care in different ways. Some do

things for others. Some say nice things. Some have positive thoughts. In your opinion, what are the best ways to show you care?