

# Whole Child Lesson for Elementary School

## Topic: Empathy

### Let's Breathe

Our feelings come and go - and we can observe them - without getting swept up by them. There's a really clever way of remembering this - our mind is like a pond full of fish. The fish are our feelings. If we remember to Be The Pond, we'll let those feelings just swim by. Be the Pond!



### Let's Learn

What's the difference between kindness and empathy?

**Kindness** is: doing/saying nice things

**Empathy** is: being a good listener

Empathy is the act and emotion of caring. It means you can put yourself in someone else's shoes.

Check out what other kids have to say about empathy!



### Let's Move

Let's go on a yoga adventure today in the world of Trolls!



Want to try another?

<https://www.youtube.com/watch?v=gzesbQaqhCY>

### Let's Grow

Let's try an EMPATHY example:

One of your friends trips at recess and has to go to the nurse's office. She ends up in a cast and can't play tag for the next 2 weeks. Kindness would be walking her to the nurse's office; while empathy would be feeling sad that she can't play tag at recess, and offering to play something different while she recovers.

How can you practice empathy:

1. Make eye contact and use active listening skills
2. Keep your opinions to yourself
3. Try to identify the emotion they're feeling
4. Ask what you can do