Brief Introductions

Name & Superpower
• Empathy and Sympathy

• How are they different from each other?

• Why should students become more empathetic to each other and the world around them?
Sympathy vs Empathy

When describing what you feel about the other person's emotions, you might use one of the two words, Empathy and Sympathy. These words sound very similar, they both come from Greek and therefore, are confused very often.

DEFINITION
SYMPATHY is acknowledging that the other person is going through an emotional or physical struggle, supporting them and giving them comfort.

DEFINITION
EMPATHY is something more than just this. It's actually understanding what the other person is feeling because you've had a similar experience yourself or you're able to put yourself in their shoes.

https://7esl.com/empathy-vs-sympathy/
Four Qualities Of Empathy

1. Taking their perspective (in their shoes)
2. Avoid judging (hard to do)
3. Recognizing others emotions/responding
4. Feeling *with* not *for*

https://www.teachthought.com/learning/difference-empathy-sympathy
We can’t protect students from the pains of life...
But we can give them tools to grow their own empathetic stance

When they are shown empathy or practice empathy – they can begin to self-regulate in healthy ways
Key Ideas:

Sympathy: often causes teachers to lower their expectations
Empathy: you feel the same emotions because you experience a similar situation or feeling
Validate students; but keep expectation
Compassion takes it further – feel the need to act or do something to help others.

(EMPATHY – never starts with ‘at least’)

VIRGINIA TECH
Empathy is walking a mile in somebody else's moccasins. Sympathy is being sorry their feet hurt.

Rebecca O'Donnell
Read Aloud – followed by Sensory Figures

**STEP ONE**
Make predictions about the book, the cover, etc.

**STEP TWO**
You can read the story aloud or have the students read a section of the text

**STEP THREE**
Check the predictions

**STEP FOUR**
Assign a character, let them choose a character – put themselves in the characters shoes for that one moment in the story.
Sensory Figures

1. Read - any text, newspaper, short story, essay, poem, etc.
2. Assign or have students choose a character from the story
3. Have students choose a SMALL MOMENT in the story
4. Student completes a sensory figure about that character in that moment of time in the story.
Sensory Figure

Anne Frank

Pioneer
Resources

http://wsfcs.k12.nc.us/cms/lib/NC01001395/Centricity/Domain/6742/My%20Sensory%20Figure%20assignment%20ppt.pptx

http://excellenceinteachingsocialstudies.blogspot.com/2013/03/welcome-to-my-blog-for-social-studies.html


http://teachingwithatouchoftwang.blogspot.com/2012/08/social-studies-interactive-notebook.html

More Resources

Books:
https://www.huffpost.com/entry/childrens-books-empathy-kindness_l_5d52e7b1e4b0c63bcbee2699?guccounter=1
https://tinybop.com/blog/13-books-to-spark-conversations-about-empathy
https://www.readbrightly.com/books-that-model-empathy-compassion-young-readers/

Teaching Resources:
https://www.aeseducation.com/blog/top-7-best-empathy.lesson-plans-and-why-you-need-them

Videos:
https://www.edutopia.org/blog/film-festival-kindness-empathy-connection
https://teachingwithmspalmer.weebly.com/blog/empathy-vs-sympathy-in-the-classroom
https://www.habitsforwellbeing.com/the-four-attributes-of-empathy/