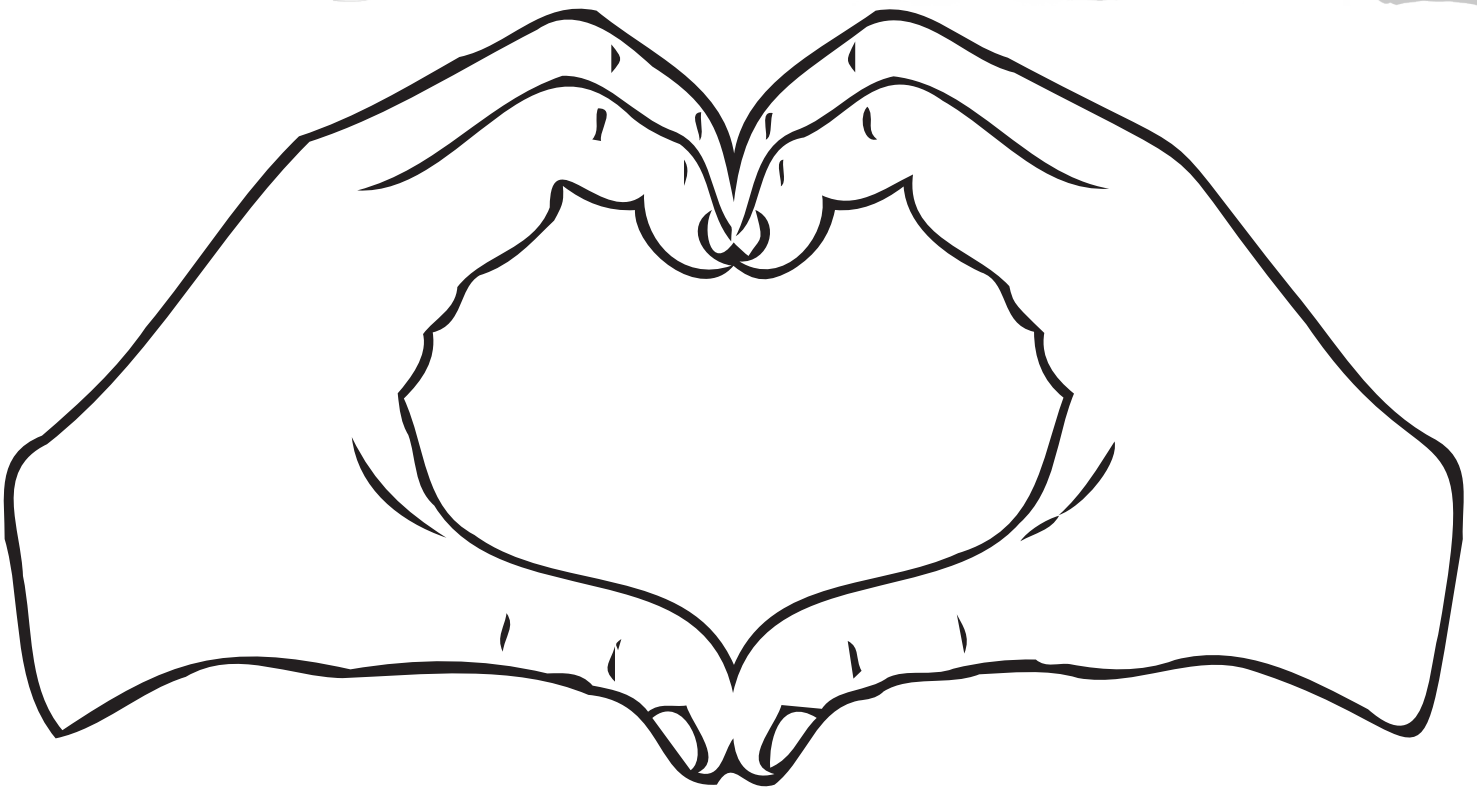




EMPATHY UNIT WORKBOOK

GRADES 6-8



Unit Essential Question:

How can we create a culture of empathy and healing at our school?

Hey!

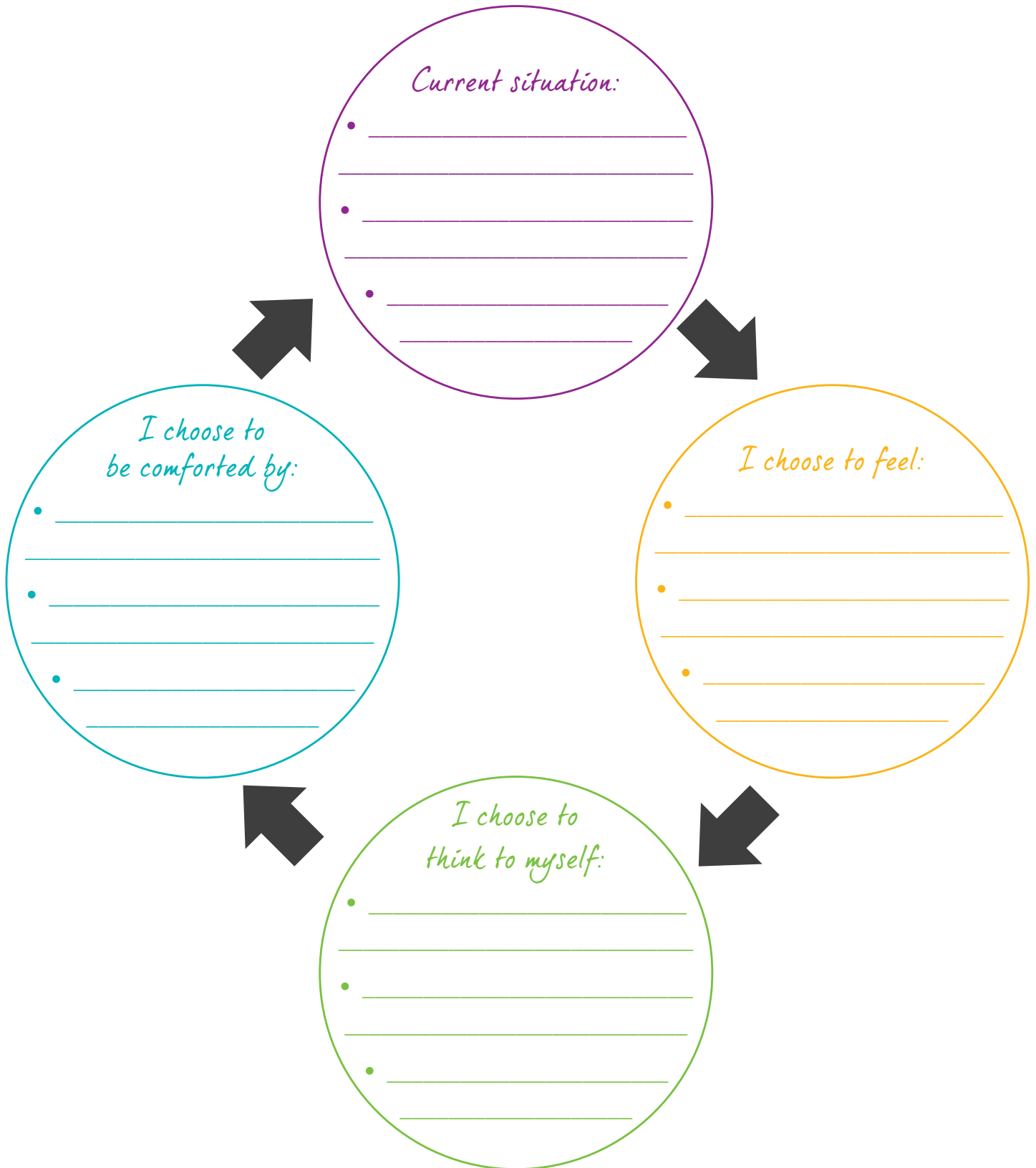
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FAVORITE HOBBY OR TALENT

Healing Centered Classroom

Prompts	Group Responses	What can we do as a classroom community to make sure we meet our wishes and dreams for a healing community:
In this class, well-being means:		
We all have lots of strengths. Our strengths are: Together, we can use our strengths to create a healing centered classroom.		
We want to feel joy when we learn, when we are feeling joyful, we are:		
We want to feel safe when we learn, when we are feeling safe, we are:		
To feel like this is a place of healing and belonging, we will need to		
Other:		

Practicing Empathy with Yourself



Circle Up Check-In

Our topic today is about (circle all that apply):

Upstanders

School Safety

Trusted Adults

Empathy

Identity

Belonging

Warning Signs

Some thoughts I have about our Circle Up discussion:

After our circle discussion today I feel:



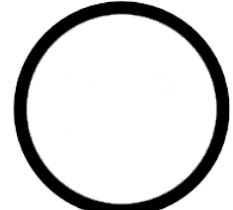
Happy



Frustrated



Unsure/Confused



Draw Your Own

Briefly explain why you are feeling this way:

Something I wanted to add to the discussion but didn't get a chance:

Developing an Empathy Toolkit

Journal Prompt

Imagine a toolbox, what do you see inside of it?

What are these tools used for?

Why would you need these tools?



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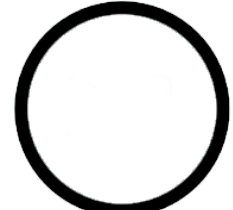
Happy



Frustrated



Unsure/Confused



Draw Your Own

Briefly explain why you are feeling this way:

Something I wanted to add to the discussion but didn't get a chance:

Developing an Empathy Toolkit

When someone says:	How can you respond? Write an empathy statement below.
I'm so angry...	
I'm very sad...	
I'm proud of myself...	
I'm terrified of...	
I'm so excited...	
How can you show empathy through your words?	
When someone appears to be:	What actions can you show to support them? Write the actions below.
Angry	
Sad	
Happy	
Nervous	
Scared	
How can you show empathy through your actions?	

Empathy Toolkit

Directions: Write words or draw icons to highlight the statements you developed with your partner that represent what is inside your Empathy Toolkit.



Busting Biased-Based Bullying

Criteria		How are we doing?		What's an action we can do to improve?
		1 - Very poorly, we need to work on this!		
		2 - OK, there's room for improvement		
		3 - Excellent, this is an area where we shine!		
E	Empathy for Everyone: We're making sure everyone feels like they belong.			
Q	Questions: We're comfortable asking questions to learn about different identities.			
U	Upstander Actions: We move from being bystanders to Upstanders when anyone bullies others because of their gender, race, sexual orientation, ethnicity, language, ability, religion, or other characteristic.			
I	Including: We notice when someone is feeling left out or excluded. We make sure we include classmates of all identities in activities. We understand and appreciate uniqueness and differences			
T	Treat: We treat each other with kindness and respect.			
Y	Yourself: You give yourself recognition, space, and grace for being the wonderful human being that you are.			

Respect is Seen, Heard, and Felt

Journal Time!

How does showing respect relate to the steps of *Start With Hello*?

Think: Think about the steps: see someone alone, reach out and help, “start with hello.”

Reflect: Consider the importance of respect when reaching out to someone.

React: Share or show your reflections.



Interview Planner

Directions: Develop a list of 5–7 questions you will use to interview your partner about the current event that has resulted in tragedy.

Example: *How do you think our experiences with the event might be different than the perspectives and experiences of individuals from diverse racial backgrounds or ethnicities?*

Question:

Answer:

Question:

Answer:

Question:

Answer:

Question:

Answer:

Question:

Answer:

Question:

Answer:

Question:

Answer:

Circle Up Check-In

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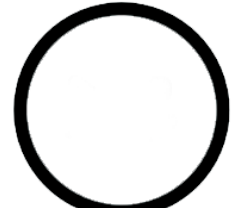
Happy



Frustrated



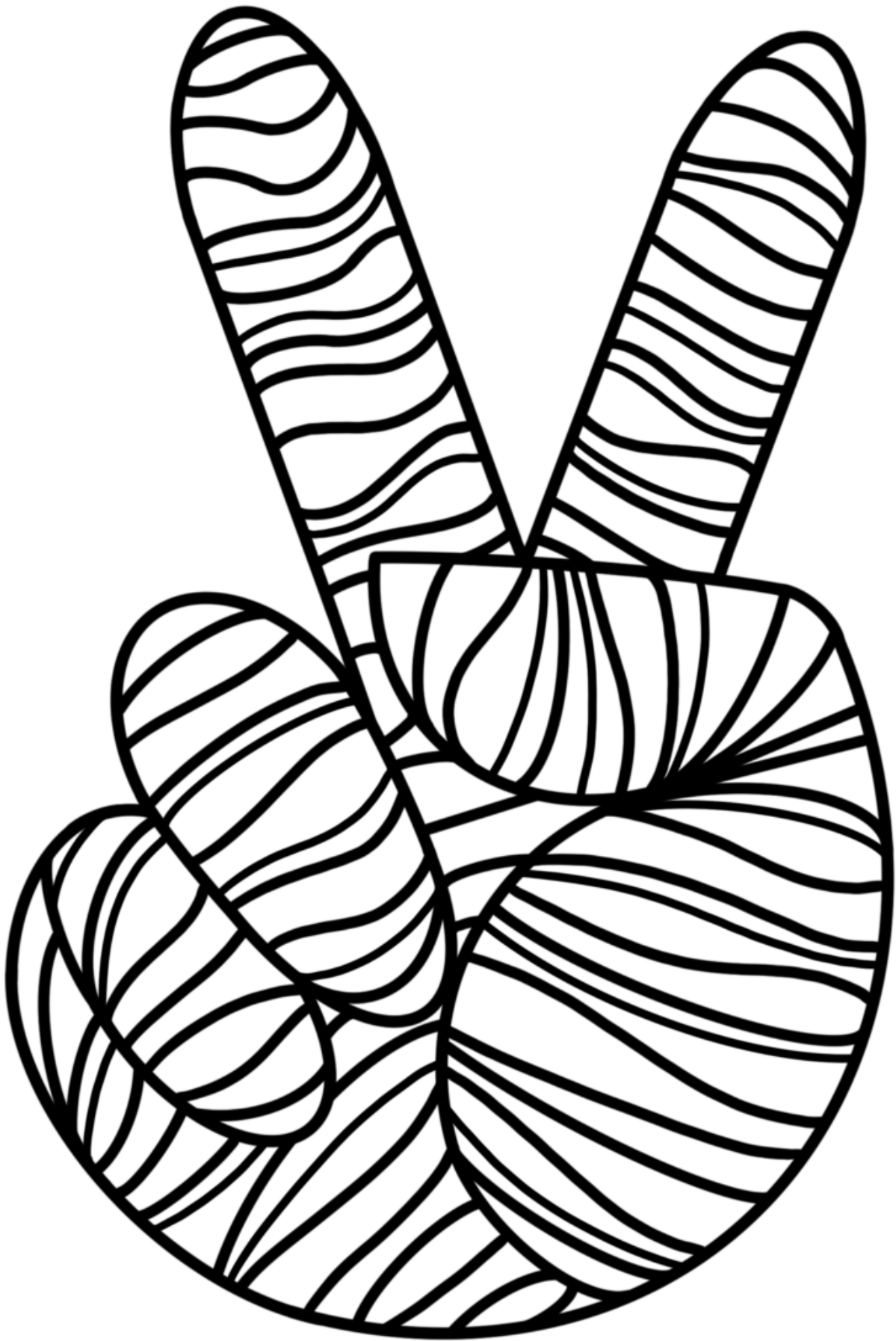
Unsure/Confused



Draw Your Own

Briefly explain why you are feeling this way:

Something I wanted to add to the discussion but didn't get a chance:



SHARING

CARING



Spring

With



Happy