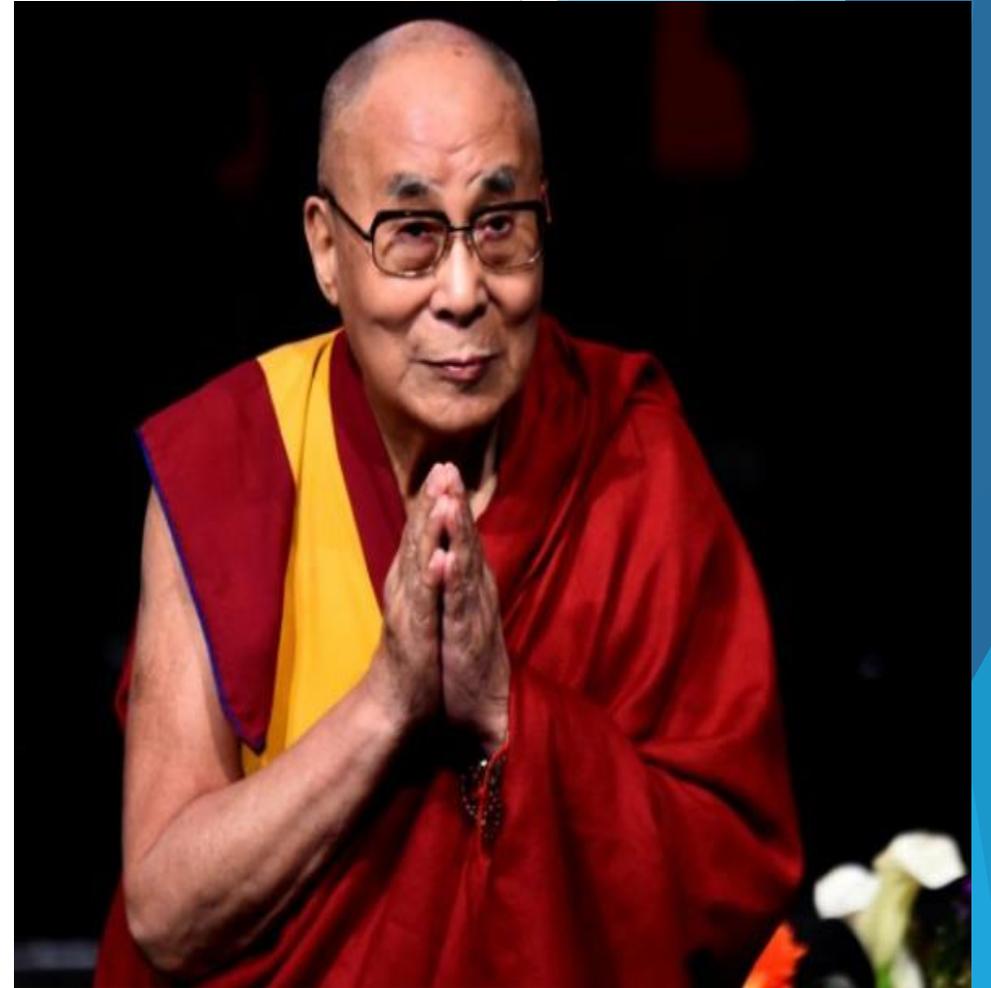




“If you want others to be happy, show compassion. If you want to be happy, show compassion.”

DELAI LAMA

What can we learn from this quote?



EMPATHY!



What is EMPATHY?

- It is about showing kindness and consideration to help others, especially when they are upset.
- It is about having genuine feelings for other people's struggles.

SHOWING EMPATHY

In short, empathy is about showing sympathy for the problems or difficulties of others and doing something to help them.



WHO IS SHOWING EMPATHY?



SHOWING EMPATHY

In order to show compassion, you need to be able to think about how other people feel.

This is called 'putting yourself in someone else's shoes.'



'IN YOUR SHOES'

**WE ARE NOW GOING TO TEST YOUR
EMPATHY!**

**WE WILL NEED ONE VOLUNTEER FOR EACH
SCENARIO THAT WE READ - SEE IF YOU CAN
STEP INTO THE PERSON'S SHOES AND
IMAGINE HOW THEY MUST FEEL.**

**EVERYONE ELSE – THINK ABOUT HOW WE
MIGHT BE ABLE TO HELP THIS PERSON**



SCENARIO 1

STARTING A NEW SCHOOL



- A new girl has started at school. It is her first day.
- She has come from a different part of the country and doesn't know anyone here.
- She looks very serious and has hardly smiled all day.
- It is break time and she is sat by herself.

**VOLUNTEER – Step into her shoes.
How do you imagine she feels?**

**EVERYONE – How can we help her?
How can we show compassion?**



SCENARIO 1

STARTING A NEW SCHOOL

VOLUNTEER – Step into her shoes. How do you imagine she feels?

- Nervous
- Scared
- Missing her old friends
- Worried about what people will think of her
- Hopeful that she will make new friends

EVERYONE – How can we help her? How can we show compassion?

- Introduce yourself/ make conversation
- Ask how her first day is going/ how can you help?
 - Invite her to play with you
 - Introduce her to others

SCENARIO 2

TEST RESULTS



- There is a boy in the class who finds spelling really difficult.
- Every week in the spelling test he hardly gets any spellings right.
- He is good at some other subjects (like maths and PE) but never does well in spelling.
- Some other children have begun to make fun of him for his spelling test results.

VOLUNTEER – Step into his shoes.
How do you imagine he feels?

EVERYONE – How can we help him?
How can we show compassion?



SCENARIO 2

TEST RESULTS

VOLUNTEER – Step into his shoes. How do you imagine he feels?

- **Disappointed**
- **Hopeless**
- **Upset that people are saying unkind things**
- **Feels like giving up**

EVERYONE – How can we help him? How can we show compassion?

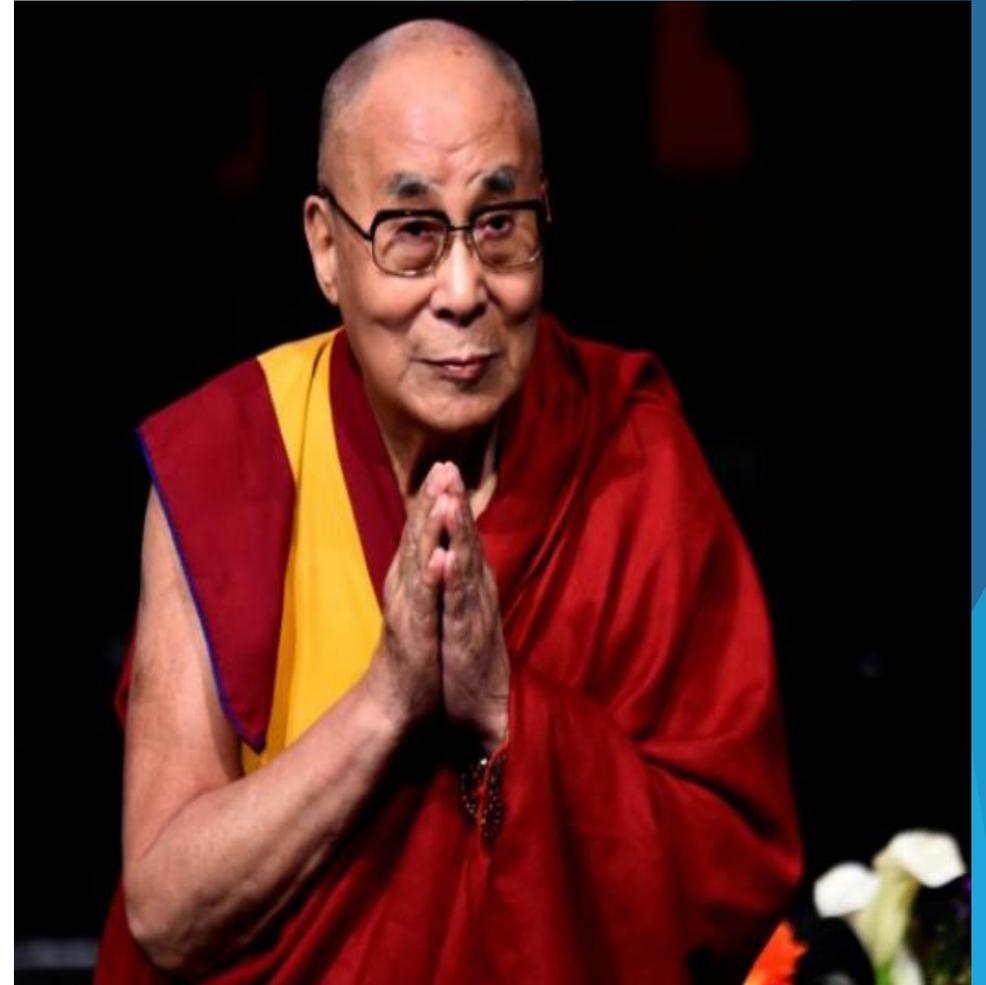
- **Make him feel better/ talk about all the things he is good at**
 - **Motivate him to keep trying**
- **Ask the children to stop making fun/ tell a teacher**
- **Maybe you can practice your spellings together?**

BACK TO OUR QUOTE...

“If you want others to be happy, show empathy.

If you want to be happy, show empathy.”

DELAI LAMA



How can showing empathy make *us* happy?

Reflection

HOW CAN WE SHOW EMPATHY AT SCHOOL?

IN LESSONS?

AT BREAK/ LUNCHTIME?

AT SCHOOL EVENTS/ ON TRIPS?