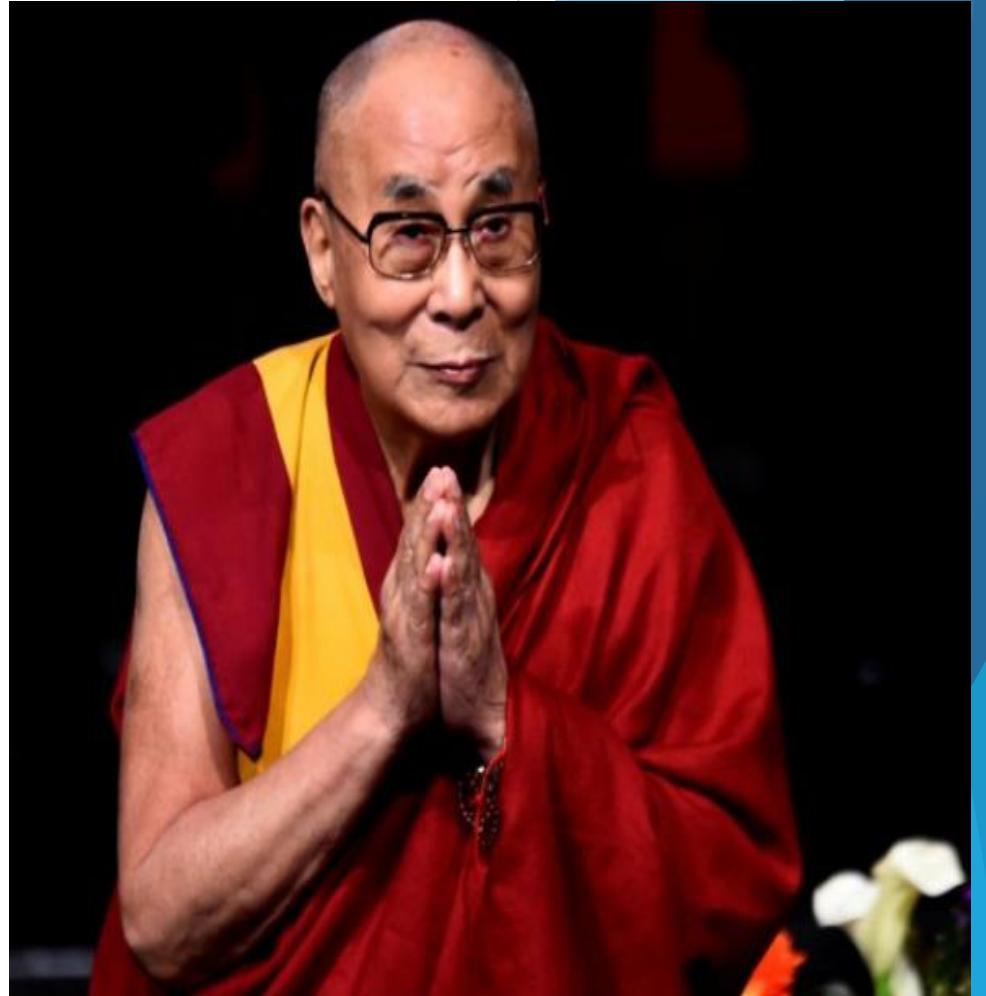




“If you want others to be happy, show compassion.  
If you want to be happy,  
show compassion.”

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.**



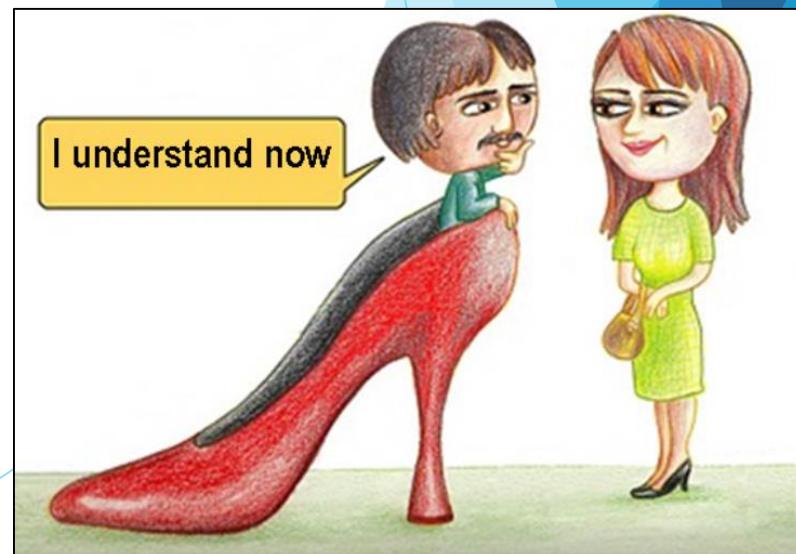
# WHO IS SHOWING EMPATHY?



# **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?**

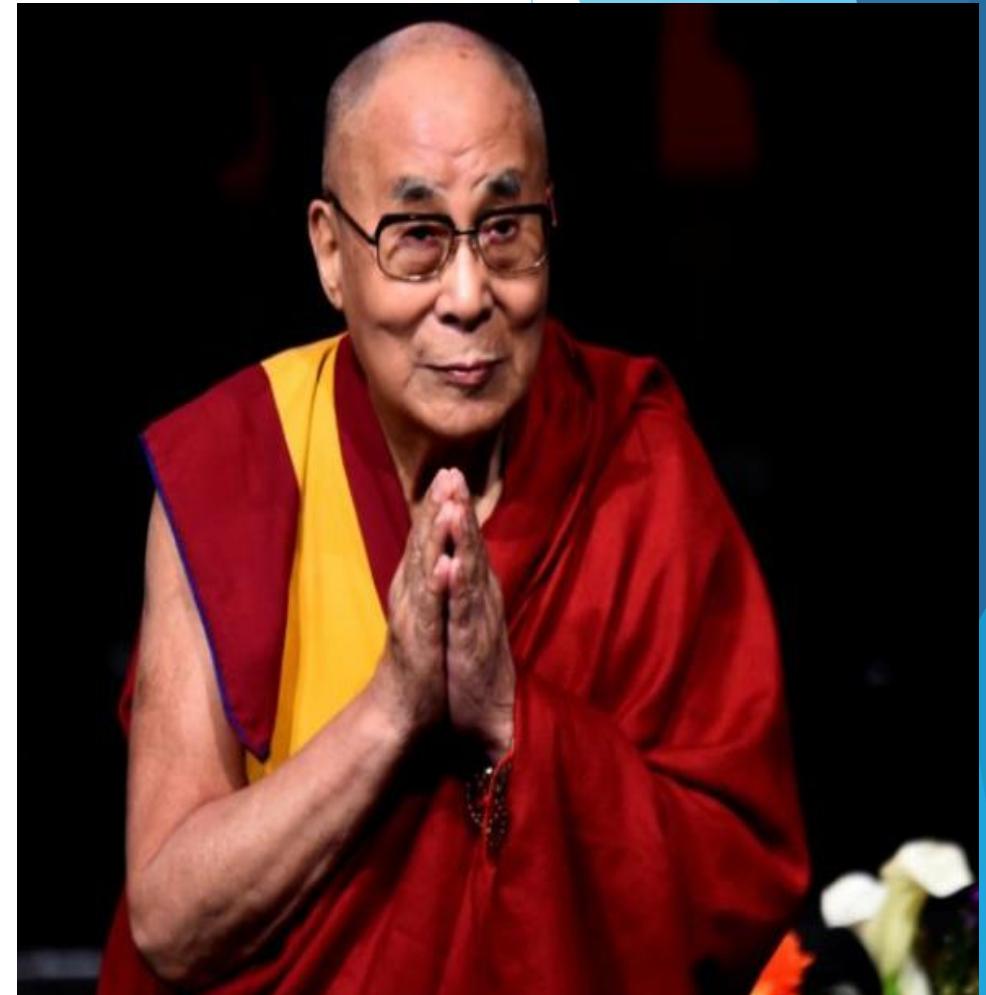
- Make him feel better/ talk about all the things he is good at
  - Motivate him to keep trying
- Ask the children to stop making fun/ tell a teacher
- Maybe you can practice your spellings together?

# 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?**