Unit 2: Empathy Training

Content Area: **Guidance**
Course(s): **21st Century Skills**
Time Period: **Generic Time Period**
Length: **10 Weeks**
Status: **Published**

Unit Overview

The goal of the unit on empathy training is to increase students' ability to identify their own feelings and those of others. Students are taught to recognize internal and external clues to their own feelings. They are made aware of physical, verbal and situational clues to identify the feelings of others.

Identifying feelings is the foundation of empathy and is crucial for skill development in subsequent units. Without awareness of how others feel, there is no motivation for social problem-solving or anger management. Ultimately, students will understand that all feelings are acceptable. It is what they do with their feelings that will either strengthen or damage relationships with others.

Standards

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
CAEP.9.2.4.A.2	Identify various life roles and civic and work - related activities in the school, home, and community.

Essential Questions

- Why is it important to know how others feel?
- How can I recognize the feelings of others?
- How can I recognize my own feelings?
- Why is it important to tell my feelings to an adult I trust?

Application of Knowledge and Skills...

Students will know...

- how to identify these feelings within themselves
- how to recognize in others the six universal human emotions: happy, sad, anger/mad, surprise, fear, and disgust
- that recognizing their own feelings helps them understand the feelings of others
- that talking with a trusted adult is a way of coping with distressing feelings

Students will be able to...

- a. use physical, verbal, and situational clues in identifying the six universal human emotions: happy, sad, anger/mad, fear, surprise, and disgust
- b. identify internal and external physical clues that signal personal feelings
- c. name their feelings when presented with a given situation
- d. identify supportive adults

Assessments

- Pre-test: Second Step: A Violence Prevention Program Diagnostic: Other written assessments As a diagnostic tool, this test will assess students' knowledge of the six basic human emotions, their ability to recognize and use anger management techniques, and their understanding of problem-solving strategies.
- Unit Test: Recognizing Feelings Summative: Written Test Students will distinguish each of the six basic emotions from one another, will recognize that these are common to all cultures, will understand that feelings are acceptable; it is what we do with them that is good or bad, will know that when they share their distressing feelings with a trusted adult, they will feel better.

Activities

- Identifying Feelings of Others: Students identify the feelings of happiness, sadness, and anger from photo cards. They will role-play those feelings to situational clues.
- Looking for More Clues: Students use physical and situational clues to identify the feelings of surprise, fear, and disgust. They role-play these feelings, given situational clues.
- Identifying Our Own Feelings: Students list the physical clues, both internal and external, that show feelings. They select at least one physical clue that fits a given situation. They will recognize that these feelings and clues are universal.
- Communicating Feelings: Students identify upsetting feelings and supportive adults with whom they could share those feelings.

Activities to Differentiate Instruction

- Gifted students will create a situation context for feelings similar to the game, "Charades".

- Modified performance rubric for the more challenged student

Integrated/Cross-Disciplinary Instruction

Performing Arts: Students role-play feelings in given situational contexts.

Resources

Committee for Children: Second Step: A Violence Prevention Curriculum

- photo cards
- parent letters

Teacher-made pretest and performance rubric.