MARIPOSA
Child Success Programs

Promoting Social Competence

Protecting children from bullying in school

Lesson 2: Empathy
A skill that fosters self-awareness

1 **Introduction to Bullying** – *A foundation for success*

2 **Empathy –** *A skill that fosters self-awareness*

3 **Personal Message** – *A skill that fosters social awareness*

4 **Cooperative Problem Solving** – *A skill that fosters responsible decision making*

5 **Descriptive Reinforcement** – *A skill that fosters positive relationships*

6 **Inductive Discipline** – *A skill that fosters self-management*

Lesson 2 Objectives

- 🟥 What is empathy?

- 🟩 Why is it necessary?

- 🟦 How does it work?

- 🟪 Tips for success!

What Is Empathy?

Empathy involves understanding another's feelings, thoughts, and wishes and then communicating this understanding back.

Check for Understanding 2.1

Check for Understanding

Empathy is (choose the best answer):

○ Feeling sympathetic towards a child

○ Communicating an understanding and acceptance of the feelings behind a child's words, actions, or point of view

○ Understanding a child's needs and solving the problem for them

○ Telling a child that what they are feeling is a normal part of growing up

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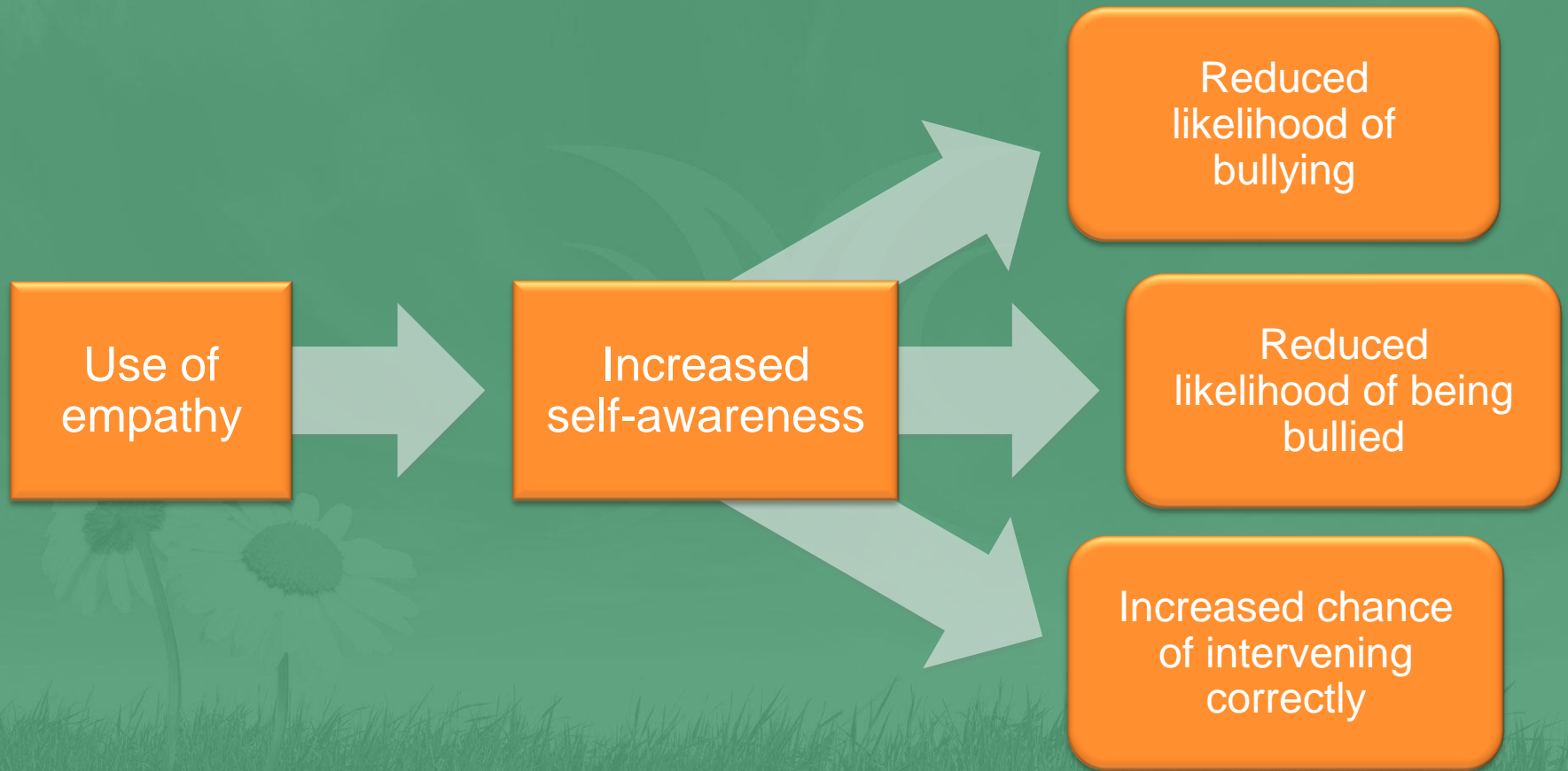|	
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⚙ Properties...

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Why Is
Empathy
Necessary?

Empathy Fosters Social-Emotional Competence

Linking Empathy and Bullying Prevention
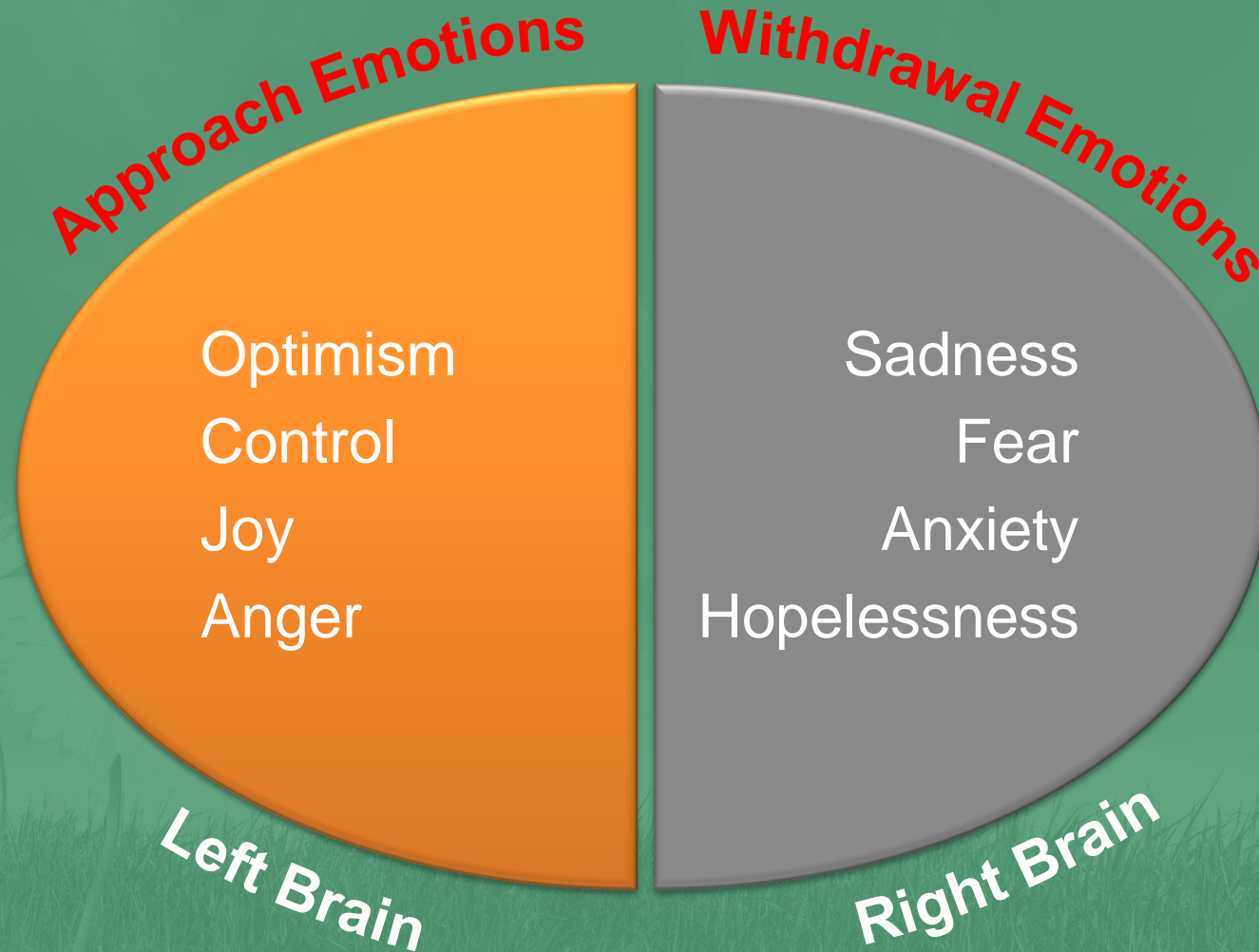
Use of empathy → Increased self-awareness →

- Reduced likelihood of bullying
- Reduced likelihood of being bullied
- Increased chance of intervening correctly

Physiological benefits

- Reduction in heart rate
- Decrease in blood pressure
- Reduction in stress hormones

Neurological Benefits

Approach Emotions

Withdrawal Emotions

Optimism
Control
Joy
Anger

Sadness
Fear
Anxiety
Hopelessness

Left Brain

Right Brain

Check for Understanding

Empathy protects children from bullying because (choose the best answer):

○ Empathy fosters self-awareness

○ Empathy has a calming effect on the body and affects brain development

○ Empathy provides a basis for a helping relationship between a child and an adult

○ Empathy helps children label and express their feelings constructively

○ All of the above

PROPERTIES

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How Does Empathy Work?

Follow these steps:

1. Listen

2. Identify feelings, thoughts, needs

3. Communicate your understanding

Step 1 – Listen

Step 2 – Identify

- What would I be thinking?

- What would I be feeling?

- What would I be wishing?

- What would I want to do?

- What conflicts would I experience?

Step 3 – Communicate

- You think ___.

- You feel ___ (because or when) ___.

- You wish that ___.

- You are thinking about (name behavior).

- Part of you ___ while the other part of you ___.

Check for Understanding

Amy and Tamika play together every day. But today, Tamika completely ignores Amy and plays with a new girl in class.
Child statement:
"*Tamika is being mean to me. She does not want to play anymore.*"
Please identify the empathic response below:

- ○ "You are going to have to learn to play with other children. Perhaps you and Sarah could play together?"

- ○ "I am wondering what might help you feel better? Are there any other children you might like to play with here?"

- ○ "To be treated like that by such a close friend must have been both confusing and hurtful at the same time."

- ○ "It's not that she doesn't like you, she just wants to play with other

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Tips for Success!

Safety

Tantrums

Objectives

Pressed for time

Check for Understanding 2.4

Check for Understanding

Postpone empathy when (choose the best answer):

○ A child cannot hear your words

○ The safety of others is at stake

○ A serious misbehavior needs to be addressed

○ None of the above

○ All of the above

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Typical Responses vs. Empathic Responses

Lecture

Ignore

Suggest

Teach

Encourage

Negotiate

Lecture

I

S

T

E

N

Typical Responses vs. Empathic Responses

Child behavior/statement:

But he hit me first!

Typical response:

Just because he did it does not mean you have to!

Empathic response:

It's not fair. He did the same thing and didn't get caught.

L

Ignore

S

T

E

N

Typical Responses vs. Empathic Responses

Child behavior/statement:

Those kids hate me. They keep rolling their eyes when I talk.

Typical response:

I'm sure they don't hate you. They are only teasing.

Empathic response:

You know what they meant.

L

I

Suggest

T

E

N

Typical Responses vs. Empathic Responses

Child behavior/statement:

John keeps telling me he will beat me up if I don't give him my money.

Typical response:

Stand up to him!

Empathic response:

You are scared that if you retaliate, it will make matters worse.

L

I

S

Teach

E

N

Typical Responses vs. Empathic Responses

Child behavior/statement:

If I tell them not to gossip, then they will gossip about me.

Typical response:

Real friends don't talk behind each other's backs. Plus, if they do it to her, they will do it to you.

Empathic response:

You want to do the right thing but are afraid they will talk behind your back.

L

I

S

T

E

N

Encourage

N

Typical Responses vs. Empathic Responses

Child behavior/statement:

I invited him to the party even though the other kids think he is weird.

Typical response:

That was so nice. You're such a great kid.

Empathic response:

You did what you thought was right and did not let the other kids influence your decision.

L
I
S
T
E
Negotiate

Typical Responses vs. Empathic Responses

Child behavior/statement:

But all that kid does is whine and complain.

Typical response:

If you do it again, you're sitting out recess.

Empathic response:

It is hard to think about their feelings when they bother you that much.

Check for Understanding 2.5

Check for Understanding

The acronym LISTEN signifies (choose the best answer):

- ○ Ways to talk to your child about bullying
- ○ Typical ineffective responses that adults give to children instead of using empathy first
- ○ Times when the adult should postpone empathy
- ○ Different ways to tell your child what to do

PROPERTIES

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Role Play
Demonstrations

Scenarios

Skills
Practice
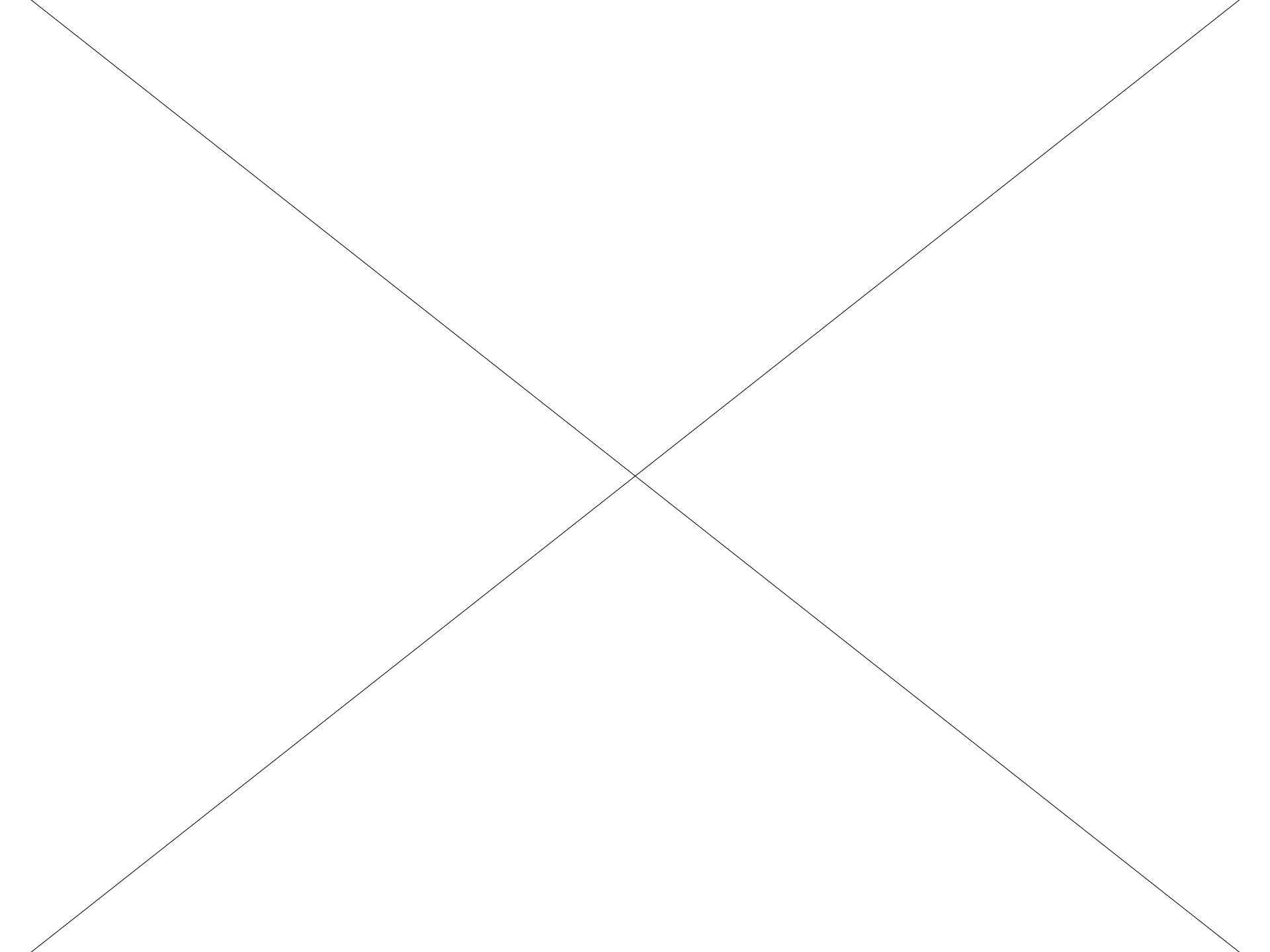
Summary

Empathy:

- Involves listening and understanding
- Fosters self-awareness
- Has 3 steps: listen, identify, communicate
- Know when to postpone empathy

Assignments

A. Skills application with a child or student

B. Skills application with a challenging adult

Transforming

the way communities raise

their children…

…because the path to a

child's success

is not in a manual

www.MariposaEducation.org

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