

Teacher Guide - Grades 6 and Up

Love

Empathy and Compassion

43 slides • 5 lessons • Wesley & Ember story

Thomas Fiddler Memorial School • Sandy Lake First Nation

Waaciye - Welcome.

Empathy and compassion are ideas students already carry.

Your job is to help them name what they already know — and practise it on purpose.

Before Class — Things to Have Ready

- ❑ SLIDE 6 — The Wesley & Ember story plays with audio. Test the audio button before class.
- ❑ SLIDE 16 — Print or open the Empathy Quiz. Link: drive.google.com/file/d/1yP1M6CeR2LYx04oqptDLWTMUvCLyMrdH
- ❑ SLIDE 20 — Print the Reflective Listening Skill Sheet. One per student. Link: drive.google.com/file/d/1y95JDdEVa3eIMbxl1Mm2aKwCfQX95t9R
- ❑ SLIDE 20 — Download the Reflective Listening Lesson Plan. Link: drive.google.com/file/d/1yOa2c7danbQ9orClxor4-yLB46lnk8ZG
- ❑ SLIDE 29 — Print the Service Learning Planning Tool. One per student or group.
- ❑ SLIDE 35 — Print the Service Learning Tracking Tool. One per student or group.

✨ The Reflective Listening lesson (Slide 20) is a full 45-minute class on its own. Plan it as a separate period, not just one slide.

The Two Key Ideas — Know This Before You Start

EMPATHY

Understanding and sharing another person's feelings.

Wesley saw Ember sitting alone. He remembered how it felt to be left out. That recognition — 'I know that feeling' — is empathy.

COMPASSION

Empathy + Action. Feeling the feeling AND doing something about it.


Wesley didn't just feel sad for Ember. He walked over. He shared his blanket and his bannock. That action — that's compassion.

Teacher Introduction Slides — Slides 1 to 5



1

Main Menu — Love: Empathy and Compassion — Teacher only, not shown to students

 **Say this:**


"Welcome to Module 2. In this unit we are going to explore two of the most important things we can do for each other: empathy and compassion. These connect deeply to the Sacred Teaching of Love. Let's begin."

 **Ask:** "What do you think empathy and compassion mean? Take a guess before we learn."



2

Learning Outcomes — Teacher only, not shown to students

 Teacher-only slide. Read the outcomes to yourself before class. You do not need to read them to students.

SLIDE

3

In This Unit You Will Learn to Show Empathy and Compassion

 **Say this:**

"In this unit we are going to learn about empathy and compassion. We will practise them — not just talk about them. And by the end, you will carry out a real project that helps someone in Sandy Lake."



4

Empathy and Compassion — One of 4 Ways to Show Love — Teacher only, not shown to students

- Teacher slide. Click through to Lesson 1.

SLIDE

5

Lesson 1 Menu — What is Empathy?

- Click through to the story on Slide 6.

1

What is Empathy? — The Story

Slides 6–16

Lesson 1 opens with the Wesley and Ember story — 'The Blanket and the Bannock' — followed by two videos and an empathy quiz.

SLIDE

6

The Blanket and the Bannock — Story Title

 **Say this:**

"We are going to start with a story about two students — Wesley and Ember. Wesley is a quiet boy from Sandy Lake who has always felt like no one understood him. Ember is a new girl who has just arrived from another community."

As we go through the story, watch for two things: when does Wesley show empathy? And when does he show compassion?"

- Click the  audio button on each story slide — or read the text aloud yourself.

SLIDE

7

Wesley — A Quiet Boy Who Knows What It Feels Like

- Play audio or read aloud.

SLIDE

8

Ember Arrives — Sitting Alone on the Snowbank

- Play audio or read aloud.

✨ Pause here. Say: 'Have you ever been the new person somewhere? Or have you ever noticed someone sitting alone and not known what to do?' Then continue.

SLIDE

9

Wesley Shares His Blanket — 'It's Warmer When We Share'

- Play audio or read aloud.

✨ Key moment — slow down. Wesley doesn't say much. He just acts. That simple act is where empathy becomes compassion.

SLIDE

10

The Next Day — Two Pieces of Bannock

- Play audio or read aloud.

SLIDE

11

Ember Finally Speaks — 'I Miss My Kokum'

- Play audio or read aloud.
- After this slide — pause. Allow a quiet moment. This is an emotional beat.

SLIDE

12

Other Students Begin to Notice

- Play audio or read aloud.

SLIDE

13

The Welcome Bundles Project — Reflection Questions

The reflection questions on this slide:

1. Why do you think Wesley shared his blanket and bannock instead of just saying hello?
2. What does this story teach us about empathy?
3. How did Wesley show compassion — not just empathy?
4. What small action could YOU do at school or in the community that shows both?

✨ Story teaching connections (on the slide): Empathy = Wesley noticed Ember because he had felt the same way. Compassion = He didn't just understand her feelings — he took kind action. Love = He acted gently, respectfully, and without expecting anything back.

? **Ask:** "What was the smallest thing Wesley did? Why did it matter so much?"

SLIDE

14

What is Empathy? — Video 1

💬 **Say this:**

"Now let's learn what empathy actually is. Watch this video carefully."

- Play Video 1.

? **Ask:** "In your own words — what is empathy?"

What is Empathy? — Video 2

- Play Video 2.

✨ The two videos approach empathy differently. If one doesn't connect with your class, the other usually does. You can also search for a different one if needed.

? **Ask:** "Which video explained empathy better for you? Why?"

How Empathetic Are You? — Empathy Quiz

💬 **Say this:**

"Before we go further — let's find out how empathetic you are right now. Take the quiz. We'll take it again at the end of the unit after you've practised reflective listening and done your service learning project. Let's see if it changes."

- Click the quiz link on this slide. Students complete it now.
- Note: This quiz can also be used AGAIN at the end of the unit as a before-and-after comparison.

? **Ask:** "Did the quiz surprise you? Why or why not?"

2

How Do We Show Empathy? — Reflective Listening

Slides 17–20

This lesson teaches one specific skill: reflective listening. Lesson 2 covers what it is, a video, a skill sheet, and a full lesson plan for practising it in class. Plan at least one full class period for the lesson plan on Slide 20.

Lesson 2 — How Do We Show Empathy?

 **Say this:**

"We've defined empathy. Now — how do we actually SHOW it? One of the most powerful ways is through a skill called reflective listening. This is also called empathetic listening.

Most of us think we listen. But reflective listening is different. It's about making the other person feel truly heard."

SLIDE

18

How Do We Show Empathy? — Reflective Listening Intro

 **Say this:**

"Reflective listening is like a mirror. You reflect back what someone is saying and feeling — so they know you actually heard them.

We listen not just with our ears, but with our hearts and minds. We pay attention to their words, their tone, and their body language."

SLIDE

19

The Skill of Reflective Listening — Video

- Play the reflective listening video.

? Ask: "What did the video show about what happens when someone feels truly heard?"

SLIDE

20

Reflective Listening — Skill Sheet and Lesson Plan

- Print and hand out the Reflective Listening Skill Sheet. Students put it in their binder.
- Download and use the full lesson plan for practising these skills in class.

The three core skills on the skill sheet:



Paraphrase — restate what you heard in your own words

"So it sounds like you're feeling..." or "What I hear you saying is..."



Clarify — ask questions to make sure you understood

"Can you tell me more about...?" or "What did you mean when you said...?"



Reflect Feelings — name the emotion you heard

"It seems like you're feeling frustrated..." or "I can hear that this really matters to you."

Reflective Listening Lesson Plan — 4 steps (download from Slide 20):

Introduction — 10 min — Share a personal story about a time you felt truly heard. Then introduce reflective listening.

Model it — 15 min — Volunteer student shares a topic. You demonstrate: paraphrase, clarify, reflect feelings. Think aloud.

Pairs practice — 20 min — Scenario cards (see below). Students take turns as speaker and listener. Switch roles.

Reflection — 5 min — Students write or share: how did it feel to be truly listened to?

Scenario cards for pair practice:

Scenario 1: A friend is upset because they didn't make the sports team.

Scenario 2: A classmate is excited about an upcoming cultural event.

Scenario 3: A family member is sharing a story about their childhood.

Scenario 4: You're having a disagreement with a friend about a game.

✨ **Eagle's Listening Challenge** — a second activity: in pairs, one student shares a personal story. The listener summarizes what they heard AND reflects the feeling back. Switch. Then discuss: how did it feel to be the speaker? How did it feel to be the listener?

? **Ask:** "After practising — which of the three skills is hardest for you? Paraphrase, clarify, or reflect feelings?"

3

What is Compassion?

Slides 21–24

SLIDE

21

Lesson 3 — What is Compassion?

 **Say this:**

"We've talked about empathy — understanding and sharing someone's feelings. Now: compassion.

Compassion is what happens when empathy moves you to act. You don't just feel what someone is going through — you do something about it."

SLIDE

22

Empathy + Action = Compassion

 **Say this:**

"Here is the formula: Empathy + Action = Compassion.

Wesley felt empathy for Ember — he knew what loneliness felt like. But then he walked over. He shared the blanket. He brought the bannock. He sat beside her. That action is what made it compassion.

Compassion is love in motion."

? **Ask:** "Can you think of a time when YOU felt empathy for someone — but didn't act? What stopped you?"

SLIDE

23

Watch Billy Learn Empathy and Compassion — Video

- Play the Billy video.

? Ask: "What changed for Billy? What was the moment that moved him from empathy to compassion?"

SLIDE

24

How Can Sandy Lake Students Put Compassion Into Action?

 **Say this:**

"Now we're going to answer that question for real. One of the most powerful ways to put compassion into action is through something called Service Learning. Let's find out what that means."

4

What is Service Learning?

Slides 25–27

SLIDE

25

Lesson 4 — What is Service Learning?

 **Say this:**

"Service learning is when you combine learning with real community service. You're not just doing a project to hand in for a mark. You're doing something that actually helps someone — and through doing it, you learn things you couldn't learn any other way."

SLIDE

26

What is Service Learning? — Video

□ Play the Service Learning video.

? Ask: "What surprised you about service learning? How is it different from a regular school project?"

SLIDE

27

Making Your Very Own Service Learning Project

 **Say this:**

"Now it is your turn. You are going to plan a real service learning project for Sandy Lake. This is not pretend. You are going to identify something that would make life better for people here — and then do it."

Think about: what does our community need? Who could we help? What do we care about? Those questions are your starting point."


? Ask: "What is one thing you think our community needs? Who in Sandy Lake could your project help?"

5

Planning Your Sandy Lake Service Learning Project

Slides 28–43

Lesson 5 walks students through the full planning process using the Service Learning Planning Tool (Slide 29) and the Tracking Tool (Slide 35). Work through these slides with the handout in front of students.

 Print the Planning Tool before this lesson. Students follow along on their handout as you click through the planning slides.

SLIDE

28

Lesson 5 — Planning Your Sandy Lake Service Learning Project

 **Say this:**

"We are now going to plan your project step by step. I'm going to hand out the planning tool. As we go through each slide, fill in your section on the handout."

- Hand out the Service Learning Planning Tool. One per student or group.

SLIDE
29

How Will You Plan? — The Service Learning Planning Tool

- Click the Planning Tool link on this slide. Open or print before class.

The planning steps on Slides 30–36:

30

Step 1: Identify a Need

Talk to community members, Elders, and friends. Brainstorm. Choose the most important need.

31

Step 2: Define Your Project

Write down the main idea. Who will you help? How will you help them?

32

Step 3: Set Goals

What do you want to accomplish? How many people do you want to help? How long will it take?

33

Step 4: Plan the Steps

List every step needed. How will you organize your work?

34

Step 5: Gather Materials

What do you need? Where will you get it?

35

Step 6: Make a Schedule

Start date, end date, work times, location.

36

Step 7: Assign Jobs

Who does each task? Divide the work fairly.

? **Ask:** "Which step is most important to get right first? Why?"

SLIDE

37–38

Transition Slides — Click Through

- Click through.

SLIDE

39–42

Service Learning Tracking Tool — Slides 39 to 42

 **Say this:**

"As you work on your project, you will track your progress. The tracking tool helps you see how your efforts are impacting the community — and adjust your approach if needed."

(Click the Tracking Tool link on the slide.)

- Hand out the Service Learning Tracking Tool. Hole-punched and into binders.
- Show students how to use it: date, what was done, what impact it had, reflections.

✨ Use the tracking tool as a check-in tool twice a week. Ask groups to share one thing that is going well and one thing that is hard. Celebrate small progress.

? **Ask:** "How will tracking your progress help you make the project even better?"

SLIDE

43

Additional Planning Slides — Click Through as Needed

- Use these final slides to support groups as they continue planning. Click through at your own pace.

Quick Reference — Keep This at Your Desk

EMPATHY

Understanding and sharing someone's feelings.


'I know that feeling.'

COMPASSION


Empathy + Action. Feeling it AND doing something.

'I know that feeling — and I'm going to help.'

The 3 Reflective Listening Skills:

 Paraphrase — restate in your own words: "So it sounds like you're feeling..."

 Clarify — ask to understand better: "Can you tell me more about...?"

 Reflect Feelings — name the emotion: "It seems like you're feeling..."

Service Learning — 7 planning steps:

1. Identify a need • 2. Define your project • 3. Set goals
4. Plan the steps • 5. Gather materials • 6. Make a schedule
7. Assign jobs

Thank you for doing this work.

Teaching students to feel with others — and then act —
is how the Sacred Teaching of Love stays alive in this community.