

Lesson Plan Template

School Counselor: Felipe Zanartu

Date: September 12, 2017

Activity: Empathy Unit: Showing Compassion

Grade(s): 2nd Grade

ASCA Mindsets & Behaviors (Domain/Standard):

Category 1 Social Emotional/Mindset Standards: (Mindset 2 Self-confidence in ability to succeed)

Category 2 Social Emotional/Behavior Standards: (Social Skill 4 Demonstrate Empathy)

Learning Objective(s) (aligns with competency):

1. Determine what others are feeling using physical verbal and situational clues
2. Identify ways to show compassion for others in response to scenarios

Materials: Counselor generated Power Point (adapted from Lesson Card 9 Showing Compassion), Sing and Step CD or audio file, Empathy Poster.

Procedure:

1. Slide 1 Introduce the lesson and go over the listening rules (1 Eyes watching, 2 Ears listening, 3 Voices quiet/off, 4 Body still, 5 Calmly raise your hand if you have a question or comment). Review classroom rules altogether.
2. Slide 2 Review
 - When you notice and understand how another person is feeling, you often do something to show your care and concern.
 - In our last lesson, what did Tiana do to show Brandon she cared when she noticed that he didn't want to hold the worm?
 - What helped Tiana understand Brandon's feelings?
3. Slide 3 Brain Builder Mum's the Word
 - Tell the students that focusing their attention can help them with empathy. There are other skills for learning that can also be helpful like self-talk
 - Today we are going to practice these skills in a game called "mum's the word"
 - Explain that we will be counting from one to 10; however there will be numbers that are forbidden and instead of using the number we will replace it with a word.
 - o 4=sun
 - o 6=Rain
 - o 8=apple
 - Play a few rounds adding one more forbidden word.
 - At the end of the game thank the kids for playing and explain that when they practice their skills for learning their brain gets better at doing them. This allows them to be more confident. Today we will be using our skills for show care and concern for others.
4. Story and Discussion
 - Slide 4 Aaron
 - o Explain: This is Aaron. Today he is riding his scooter to school. Aaron ran over a rock and fell off his scooter, skinning up his knee.
 - o Ask: How is Aaron feeling? (Embarrassed. Sad. Upset. Hurt.)
 - o Ask: How can you tell? (His face is turned down. His Head is hanging. He is holding his knee.)
 - o To see if they can empathize with Aaron ask: Thumbs up if you have ever had an accident and felt sad or embarrassed. (Comment on number of thumbs up)
 - o Say: We all know what it feels like to do something by accident.
 - o Point to Clay. He notices how upset Aaron is feeling after falling. He has empathy for Aaron. He wants to do something to show his concern for him.
 - Slide 5 Think Turn and Tell

- o Ask the students to look at the picture. Ask them to think about what Clay could do to show his concern.
 - o Have the students share their ideas.
 - Slide 6 Compassion
 - o Explain that showing concern for someone is called compassion
 - o Compassion is empathy in action!
 - o When you have empathy for someone, ask yourself.... (refer to the empathy poster)
 - What's a kind thing to say?
 - How can I help?
 - Slide 7 Think Turn and Tell
 - o Have you ever shown compassion for someone? What did you say or do?
 - o Think of one time you showed compassion for someone. Share with your partner and tell them how it felt to be compassionate.
 - o Allow students to share
5. Skill Practice
- Slide 8
 - o Tell the students that we are going to finish the lesson by seeing if they could model compassion
 - o Ask for volunteers and read the scenarios. Have students model and demonstrate what they would do in each setting
 - o Your partner lost his favorite pencil
 - o Your partner is being left out at recess
 - o Your partner fell down during P.E.
 - o Your partner is being teased by an older student
 - o Your partner spilled milk on his or her books
 - o
6. Wrap Up
- Listen to the Empathy Song
 - Have the students hug themselves when they hear the word compassion
 - Finish the lesson by explaining that today they have learned that...
 - o Noticing and understanding how someone is feeling will help you to have empathy
 - o When you have empathy for someone, you can show your care or concern by saying or doing something kind.
 - o Showing care and concern is called showing _____!

Plan for Evaluation: How will each of the following be collected?

Process Data: A total of 108 second-grade students are expected to be present during the lesson. I will spend thirty minutes in each second-grade classroom.

Perception Data: Pre/post tests will be given before and after the Unit of lessons. The Pretest will be given right before lesson 1 "Be Respectful" and the post test will be delivered following lesson 4 "Predicting Feelings" Data is collected based on the attitudes, knowledge, and skills demonstrated in understanding empathy, how it affects the way we learn, and how we can make better choices in what we can do.

Outcome Data:

We will look at the change in perception of teachers as from the behavior grades they submit on the progress report and then report card in the areas of "Be Respectful," "Be Responsible," and "Be Safe." The outcome data will also be collected using the following measures: Attendance Rate for a month before and after the set of lessons, office discipline referrals numbers, and the change in Math Inventory Scores for 2nd grade.

Follow-Up:

- Review content of Power Point slides to match Lesson Card.
- Offer teachers and students additional guidance support in skills taught as needed.
- With students that did not show progress in empathy, offer small groups to reinforce the skills