



### Empathy: Lesson 9 (K-2)

#### Empathy: Be Aware of Others:

See Other Perspectives  
Value the Feelings of Others  
Appreciate Diversity

#### Example Practices That Address

##### Social-Awareness:

- Encourage students to reflect on the perspective of others
- Assign appropriate groups
- Help students to think about social strengths
- Provide specific feedback on social skills
- Model positive social awareness through metacognition

#### The Goals:

As an Arkansas graduate, I am:

- Empathetic to others' feelings
- Aware of cultures and differences
- A collaborative team player

#### Personal Competency Addressed: In early elementary (K-2) I am learning to:

- ✓ Use listening skills to identify a range of emotions in others and identify possible causes for a range of emotions in others (e.g., losing a dog may make you "sad")
- ✓ Recognize with support that different people may have different emotional reactions to the same event
- ✓ Understand that my words and actions may have an impact on others
- ❑ Understand that different people have different abilities
- ✓ Actively listen and be a part of a group so that I can work collaboratively with others
- ✓ Show respect when interacting with others by using appropriate manners such as "please/thank you"
- ✓ Identify positive qualities in myself that I can use to support others

#### Learning Objectives:

I am learning to identify the positive quality of confidence.

#### Materials and Preparation:

- [Chrysanthemum](#) by Kevin Henkes (Length - 10:33)
- [Growth Mindset for Students](#) (Length - 2:31)
- [Positive Affirmations](#) (Length - 2:38)
- Internet and device to show video

#### Key Vocabulary:

**Confidence:** feeling sure of yourself and your abilities

#### Introduction (5 mins):

Discuss why names are important to people. Ask yourself "If I did not have a name, how would I identify myself? If I had no name, who would I be?" Your name is extremely important. It is an expression of who you are. It is how you identify yourself and how others identify you.

Show [Growth Mindset for Students](#)

**Explicit Instruction/Teacher Modeling (15 mins):**

Read and discuss the book, Chrysanthemum. The story of a little mouse with a name inspired by the beauty of nature. Chrysanthemum loves her name — until she goes to school and is teased. When children try to smell her like they would a flower, Chrysanthemum begins to believe that she would be better off with a name that is more "normal." Fortunately, Chrysanthemum is reminded by a caring teacher of how special it can be to be different.

**Guided Practice (4 mins):**

View the [Positive Affirmations](#) video; students and teachers repeat the affirmations.

**Independent Work Time (7 mins):**

Students give affirmations they would like to see used in classrooms. (We never say can't, but we will and CAN try!)

**Differentiation:**

Cutting and gluing shapes for the self-portrait instead of drawing.  
Students with motor difficulties may choose their name from a list or trace their name.

**Assessment:**

Students will create a self portrait, Happy to be Me.  
(My name is ..... And I am very happy to be me)

**Review and Close (10 mins):**

Why did Victoria, Rita and Jo change their minds about Chrysanthemum's name? What makes you think that? Why do you think Mrs. Twinkle told the kids about her name instead of getting mad at them for teasing Chrysanthemum? Do you think this was a good move? What lesson do you think Chrysanthemum learned? What did you learn?

Students will share their self portraits and Happy to be Me with affirmation "I am somebody!"  
Students share affirmations and we will make a class list (can continue to add to it)

**Optional Activities:**

Song: [Younique](#) (Length - 3:03)

**Intervention/Support:**

Guide students in formulating their affirmations. Provide sentence frames.

**Enrichment/Extension:**

[Sesame Street: What Makes You Special?](#) (Length - 2:59)

[A Pep Talk from Kid President to You](#) (Length - 3:27)

[Affirmation](#) (Length - 4:09)

Name something they like/love about themselves - 2 things everyone knows and one thing that is a secret (no one knows)

Graph the letters in their names (compare classes to see which K-1 teacher has the most letters in their class. Why do they have the most? (Less than and greater than)

2nd - graph their names. Can assign a value to the letters - add up the value  
Write a acrostic poem using their name

We will begin a class names chart. Everyone whose name begins with A will stand up. We will figure out how to arrange them in ABC order and will write them on chart

Interview parent/guardian to see how they got their names and graph them

Challenge students to learn "I am Somebody"

I am somebody

I am capable and loveable

I am teachable

Therefore I can learn

I can do anything if I try

I can go to college

I'll be the best that I can be

Each Day

Each Day

Each Day

I will not waste time

because it's too valuable

And I'm too precious and bright

I am somebody

### Teacher Self-Care:

Learn how to make a budget and keep track of your money coming in, going out, and know how much money you have right now. If you live paycheck to paycheck, this can be incredibly empowering.

### Sources:

Reads, Paulson. "Chrysanthemum by Kevin Henkes". YouTube video, 10:33. October 11, 2018.

<https://www.youtube.com/watch?v=xffkRiXpnwk>

Class DoJo. "Growth Mindset for students - Episode 1 /5/." YouTube video, 2:35. January 19, 2016.

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

*Positive Affirmations- Repeat after Me!* - Youtube. 22 Mar. 2020,

<https://www.youtube.com/watch?v=gtR8JWaUBu8>.

QuaverEd. "QuaverMusic's You-Nique." YouTube video, 3:03. July 8, 2019.

<https://www.youtube.com/watch?v=f6cmXLzxfZE&t=1s>

*A Pep Talk from Kid President to You* - Youtube. <https://www.youtube.com/watch?v=l-gQLqv9f4o>

*Sesame Street: What Makes You Special?* - Youtube. 21 Feb. 2015,

<https://www.youtube.com/watch?v=LrPm7BasRBo.33>

*Your feedback is invaluable to us. Please alert us to any inactive links, concerns, and/or suggestions regarding this lesson [here](#).*

*Positive Affirmations for Kids Self Esteem ... - Youtube.* 9 May 2018,  
[https://www.youtube.com/watch?v=Ud\\_eeFkzH4w](https://www.youtube.com/watch?v=Ud_eeFkzH4w).

### Teacher Reflection:

#### To Ask with Students:

If we do this again, what can I do differently to help you learn more?

Did this activity help you learn more than others we've done? Why?

#### Classroom Culture:

Are the relationships that I have with my students helping or hindering their ability to learn?

Could the problems I have in my classroom be solved by pre-teaching my expectations or developing rules/procedures to deal with these issues?

Was my demeanor and attitude toward my class today effective for student learning?

What choices have I given my students lately?

Can I explain at least *SOMETHING* about each of my students' personal lives?

#### Curriculum and Instruction - Assessment and Grading Practices:

Do my assessments really reflect learning or merely task completion or memorization skills?

What evidence do I have that my students are learning?

What new strategies have I tried lately with a student who is struggling?

In what ways do I challenge students who are clearly being successful in my classroom?

#### Collaboration - Professional Learning Community:

In what areas can I still improve professionally?

Do my actions as a teacher show my belief that all students can learn at high levels?

Do my actions as a teacher show that I take pride in my work?

Are the relationships I have with my colleagues conducive to creating a collaborative culture focused on learning?

Are the relationships I have with my students' parents conducive to improving learning?

#### Mental Health – Maintain a Healthy Outlook:

What new ideas have I tried in my classroom lately to keep myself energized about teaching?

What have I done lately to relieve stress and focus on my own mental health, to ensure I remain an effective teacher?

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