



4to8 Module 2 - Love: Empathy and Compassion Slideshow Teacher Guide

Aim of the Module

The aim of this module is to help students understand the Sacred Teaching of Love by exploring the concepts of empathy and compassion. The focus will be on defining these terms, practicing empathy skills, understanding compassion's role in motivating helpful actions, and applying these skills in a service learning project.

Learning Objectives

By the end of this unit, students will be able to:

- Recognize the connection between the Sacred Teaching of Love, empathy, and compassion.
- Define empathy and practice skills such as reflective listening.
- Define compassion and understand how it motivates actions to help others.
- Explain the concept of service learning and its community benefits.
- Design and carry out a service learning project to address a community need.

Slide-by-Slide Guide

Slide 1**

This is the Main Menu Slide that takes you to each lesson.

Introduction to Module 2: Love - Empathy and Compassion. Lists lesson headings.

- **Suggested Narration**:** "Welcome to Module 2, where we will explore the concepts of empathy and compassion. This module is divided into five lessons, covering empathy, compassion, and how these values contribute to becoming a loving person."
- ***Open-ended Question**:** "Why do you think empathy and compassion are important in showing love?"

Slide 2**

- **Content Summary**:** Learning Outcomes slide outlining what students will learn in this module.
- **Suggested Narration**:** "By the end of this module, you will understand how the Sacred Teaching of Love connects to empathy and compassion, learn practical empathy skills, and explore how compassion can motivate us to help others."
- **Open-ended Question**:** "Which of these outcomes stands out to you, and why might it be important in your own life?"

Slide 3**

- **Content Summary**:** Reinforces that this unit focuses on learning and practicing empathy and compassion as part of the Sacred Teachings.
- **Suggested Narration**:** "In this unit, we will practice ways to show empathy and compassion. These are values that connect deeply to the Sacred Teaching of Love and are essential qualities in building respectful relationships."

- **Open-ended Question**:** "How might practicing empathy and compassion affect our relationships with others?"

Slide 4**

- **Content Summary**:** Highlights the community's belief in the importance of empathy and compassion as key traits of a loving person.
- **Suggested Narration**:** "Our school and community believe that becoming empathetic and compassionate are essential steps to becoming a loving and caring individual."
- **Open-ended Question**:** "What does it mean to you to be a loving person, and how do empathy and compassion play a role?"

Lesson 1: Introduction to Empathy and Compassion

Slide 5**

- **Content Summary**:** Lesson 1 Introduction: A story focusing on empathy and compassion. Please read the story to the students. Ask questions to check comprehension as if this was a language arts story.
- **Suggested Narration**:** "Let's begin with a story that illustrates empathy and compassion. As you listen, think about how the characters show understanding and care for each other."
- **Open-ended Questions to ask as you or a student read the story slides:**
 - "Have you ever been in a situation where someone showed empathy towards you? How did it make you feel?"
 - Who is Keewaydinoquay, and what does his name mean?
 - What kind of bird is Keewaydinoquay, and what is he known for?
 - What did Keewaydinoquay see while flying one day?
 - How did Keewaydinoquay feel when he saw the rabbit, and what did he do?
 - How did the rabbit react after Keewaydinoquay helped it?
 - What feeling did Keewaydinoquay experience after helping the rabbit?
 - Whom did Keewaydinoquay see after helping the rabbit?
 - How did Keewaydinoquay know he needed to help the boy, and what did he do?
 - How did the villagers feel when they saw their lost child?
 - What did the villagers praise Keewaydinoquay for, and how did he feel?
 - What did Keewaydinoquay realize after helping the boy?
 - What does the story of Keewaydinoquay teach us about love and compassion?
 - What became the symbol of love, compassion, and empathy in the story?
 - What does the eagle teach us about seeing the world from a higher perspective?
 - How can we take action to help those in need, like Keewaydinoquay?
 - What can we learn from Keewaydinoquay about the ripple effect of kindness?
 - How can we carry the spirit of the eagle within us?
 - What does it mean to be kind, compassionate, and empathetic to all living beings?

Let's learn more....

Lesson 2: What is Empathy?

Slide 13 and 14 **

- **Content Summary**:** Two Videos are offered on these slides to help define empathy, focusing on understanding others' feelings and perspectives. Here are the links to the videos:
<https://youtu.be/ltp21tly8nM>
<https://youtu.be/icllUdTEQnU>
- **Suggested Narration**:** "Empathy is the ability to understand and share the feelings of others. It's about putting yourself in someone else's shoes and imagining what they might be going through."
- **Open-ended Question**:** "Why do you think empathy might be important in friendships and other relationships?"

Slide 15

This slide offers a quiz that can be used now and after the unit is taught and especially after the students do some Service Learning projects. Will learning Reflective Listening and doing their service learning projects affect their level of empathy?

[Here is a link to the quiz](#)

Lesson 3: How to show Empathy

Slide 16-17

Content Summary**: Introduces reflective listening as a key skill to develop empathy.

Suggested Narration**: "Reflective listening is a skill that helps us develop empathy. It involves listening carefully to someone, understanding their message, and responding thoughtfully."

Open-ended Question**: "How might practicing reflective listening change the way we communicate with others?"

Slide 18

Offers a video that explains what Reflective Listening is.

Slide 19

This slide offers a handout of the skills that are used in reflective listening

[Here is the link this handout](#). Please download and discuss with the students

Please go over these skills telling them that they probably have some of these skills but putting all together is what gives Reflective Listening it's strength.

You can use these statements with the students:

- Reflective listening is like a mirror. It helps us reflect back on what someone is saying and feeling.
- We listen not just with our ears, but with our hearts and minds.
- We pay attention to their words, their tone of voice, and their body language.
- We can say things like, "It sounds like you're feeling..." or "I hear you saying..."
- Empathy helps us build strong relationships.
- It helps us understand and appreciate different perspectives.
- It makes us better friends, family members, and community members.
- Empathy can lead to kindness and compassion.

Slide 20

Offers a lesson plan that you can use to teach the reflective listening skills

Here is the link to the lesson

<https://drive.google.com/file/d/1yOa2c7danbQ9orClxor4-yLB46lnk8ZG/view?usp=sharing>

The lesson is available at the end of this guide and in the teacher notes on this slide.

Lesson 4: What is Compassion?

Slide 21

- **Content Summary**:** **Video** - Defines compassion as a motivator for taking action to help others. Here is the link to the video: <https://youtu.be/J73FT8kaEbQ>
- **Suggested Narration**:** "Compassion goes a step beyond empathy. It's not only understanding others' feelings but also feeling motivated to help when someone is in need."
- **Open-ended Question**:** "Can you think of a time when you felt compelled to help someone? What drove you to act?"

Slide 22 and 23

These slides introduce the concept of **Service Learning - Empathy into Action**

Content Summary:** Explains the concept of service learning and its benefits.

Here is a link to the video explanation in slide 23:

<https://drive.google.com/file/d/1-rMpHsFeyChOCnXH6YqzBlweRB8Fe93g/view?usp=sharing>

Suggested Narration:** "Service learning combines learning objectives with community service. It allows us to apply what we've learned to make a positive difference in our community."

Open-ended Question:** "How could service learning benefit both you and your community?"

Lesson 5: Making your own Service Learning Project

Slide 24

- **Content Summary**:** Introduces the planning of a service learning project.
 - Video: <https://youtu.be/kFd-yiAfrmE>
- **Suggested Narration**:** "Now, let's think about how we can apply what we've learned by planning a service learning project that will address a need in our community."
- **Open-ended Question**:** "What are some needs in our community that we could help address through a project?"

Slide 26-34

- **Content Summary**:** Overview of the steps involved in planning a service learning project.
- Here is a link to a Service Learning Planning Tool that can be handed out. The students can go along on the handout as you present the process through the slide show.
- [Handout](#)
- **Suggested Narration**:** "To create a meaningful service learning project, we'll go through these steps: identifying a community need, setting goals, planning actions, and reflecting on the experience."
- **Open-ended Question**:** "Which of these steps do you think might be the most challenging, and why?"

Slide 35-36: The Sandy Lake Service Learning Tracking Tool**

Here is the link to the tool:

<https://docs.google.com/document/d/1LE5qvUWmQw2XSSuWFtr9VxKNI4Fn2cRMm78JHbUjTRA/edit?usp=sharing>

Content Summary:** This slide introduces the Service Learning Tracking Tool, a tool designed to help students monitor and document their progress throughout their service learning project. The tool is likely structured to track key steps like goal-setting, action steps, reflections, and project outcomes.

Suggested Narration:**

"As we work on our service learning project, it's important to track our progress and reflect on each step. The Service Learning Tracking Tool helps us organize our goals, action steps, and reflections along the way. By documenting these details, we can clearly see how our efforts are impacting our community and adjust our approach as needed."

Open-ended Question:**

"How do you think tracking your progress can help improve the outcome of our project?"

Teacher Notes:**

The Service Learning Tracking Tool encourages students to take ownership of their roles and responsibilities by making their progress visible. Teachers can use this tool to guide check-in discussions, provide feedback, and support students in setting realistic goals and celebrating small achievements throughout the project.

Lesson Plan for teaching the Skill of Reflective Listening

The Key to Empathy

Learning Objectives:

1. **Define** reflective listening and understand its connection to empathy.
2. **Identify** key elements of reflective listening: paraphrasing, clarifying, and reflecting feelings.
3. **Practice** reflective listening through role-playing and real-life scenarios.
4. **Reflect** on the impact of reflective listening on communication and relationships.

Materials:

- Whiteboard or chart paper
- Markers
- Scenario cards (provided below)

- Reflection journals or worksheets

Procedure:

1. Introduction (10 minutes)

- **Hook:** Begin by sharing a personal story about a time when you felt truly heard by someone. Emphasize the positive impact it had on you.
- **Define Empathy:** Review the concept of empathy, highlighting the importance of understanding and sharing another person's feelings.
- **Introduce Reflective Listening:** Explain that reflective listening is a powerful tool for showing empathy. It involves carefully listening to someone, then reflecting back what you heard to ensure understanding and show that you care.

2. Modeling Reflective Listening (15 minutes)

- **Teacher-Student Role Play:** Choose a volunteer student and engage in a brief conversation about a topic of interest to them (e.g., their favorite hobby, a recent event, or a challenge they're facing).
- **Demonstrate Reflective Listening:** As the student speaks, actively listen and use reflective listening techniques:
 - **Paraphrase:** Restate what you heard in your own words. ("So, it sounds like you're really enjoying learning to play the guitar.")
 - **Clarify:** Ask questions to ensure understanding. ("Can you tell me more about the challenges you're facing?")
 - **Reflect Feelings:** Acknowledge the emotions you hear in their words. ("It seems like you're feeling a bit frustrated about not progressing as quickly as you'd like.")

3. Practice with Scenarios (20 minutes)

- **Scenario Cards:** Divide students into pairs and distribute scenario cards. Each card presents a situation where one person is sharing their thoughts or feelings, and the other practices reflective listening. **(See sample scenarios below)**
- **Role-Play:** Have students take turns playing the speaker and the listener. Encourage them to use the reflective listening techniques modeled earlier.
- **Feedback and Discussion:** After each role-play, allow time for brief feedback and discussion. Did the listener effectively reflect the speaker's message and feelings? How did the speaker feel when being actively listened to?

4. Real-Life Application (10 minutes)

- **Brainstorming:** Facilitate a class discussion on how reflective listening can be used in everyday situations, such as with friends, family members, or during conflicts.
- **Personal Goals:** Encourage students to set individual goals for practicing reflective listening in their own lives.

5. Reflection (5 minutes)

- **Journaling or Worksheet:** Provide students with time to reflect on what they learned about reflective listening and its connection to empathy. Prompt them to consider how they can use this skill to build stronger relationships and show respect for others.

Sample Scenario Cards:

- **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.

Extension Activities:

- **Try moving the students into a Talking Circle and have them share something simple like what tv show they like the most and why and have the other students respond using their reflective listening skills. This could continue and develop into a regular way to share.**
- **Video Analysis:** Show a short video clip of a conversation and have students identify examples of reflective listening (or lack thereof).
- **Community Connection:** Invite an Elder or community member to speak about the importance of listening in Indigenous culture.
- **Creative Expression:** Have students create artwork, poems, or songs about the power of listening.

By practicing reflective listening, students will develop empathy, improve their communication skills, and build stronger relationships with those around them. Remember, listening is a gift

Here is another similar activity:

Activity: Eagle's Listening Challenge

- **Instructions:**
 - Divide students into pairs.
 - One student is the speaker and the other is the listener.
 - The speaker shares a personal story or experience while the listener practices reflective listening.
 - After the story, the listener summarizes what they heard and how the speaker was feeling.
 - Switch roles and repeat the exercise.
- **Discussion:**
 - How did it feel to be the speaker and share your story?
 - How did it feel to be the listener and practice reflective listening?
 - What did you learn about empathy and communication?