

Lesson Plan - Can I understand the feelings of others?

Purpose : Grow our ability to understand and feel what others are feeling. We'll learn how to make everyone feel safe and comfortable when sharing their feelings, creating a place where we all belong and understand why we react the way we do.

Equipment needed: Pencil, paper, computer, projector, printed out [Post-Learning Survey](#), [The Blueprint worksheet \(1 sheet between 4 people\)](#)

Lesson timings (50 minutes): The timings are just a guide. The lesson can be delivered as a whole, in sections, or if there is a rich discussion in one section, take the time and allow that to develop.

Pre-Work:		
Teachers : Review The blueprint method and ruler approach shared in the slide notes.		
Students : Complete the Post-Learning Survey after or at the end of the lesson. Make a note of your responses comparing them to the responses at the start of the topic.		
Lesson structure	Lesson Content	Resources / Comments
Class Environment 5C Slide	Share the 5C's of the CfL classroom to create a respectful, safe atmosphere and to build trust with each other. Together we are growing a creative, critical, caring, collaborative environment where positive, supportive communication is developed through listening, sharing and building on ideas.	Remind learners how a classroom that explores CfL topics needs to look, feel and sound.
Check-In Individually (5 mins) Empathy & Me	Invite students to check-in by connecting their own feelings with how others' may feel. <ul style="list-style-type: none"> ● What makes you feel happy, upset, angry, or sad? ● What does it mean to put yourself in someone else's shoes? ● Who is someone who shows empathy well? How do you know? 	Connect prior knowledge of the word empathy with how students may have experienced empathy in their own lives.
Warm-Up Pairs (10 mins) Empathy & us	Deepening our understanding of empathy, we focus here on how empathy can help us see a situation from a different perspective. Watch the SEL video . Invite students to discuss: <ul style="list-style-type: none"> ● That time when someone showed you empathy, how did it feel? ● How does it make you feel when someone around you is happy or angry? ● How can you see a situation from a classmate's perspective? 	

<p>Main Activity Groups of 4 (25 mins)</p> <p>The Blueprint</p>	<p>In groups students will reflect on a scenario that has occurred recently where emotions have been strong/run high.</p> <p>When the scenario is agreed, discuss:</p> <ul style="list-style-type: none"> ● What activated the emotion on both sides? ● Try to see two sides to the story ● How was everyone involved feeling? <p>Students will now unpack the scenario from all perspectives using the Blueprint worksheet as a guide. Completing the worksheet as a group together.</p>	<p>This will need some care to make sure the chosen scenario is appropriate for the setting and classroom, that is not singling out an individual.</p> <p>Encouraging students to spend time on the 'other person' column is quite challenging.</p> <p>Circulate the room and encourage/support students to take on a different perspective.</p>
<p>Reflection Pairs/Whole Group (10 mins)</p> <p>Empathy Practice</p>	<p>Invite students to think about the The Blueprint task. They can use the following discussion prompts to guide their thoughts:</p> <ul style="list-style-type: none"> ● Does focusing on the other person affect how you feel about what happened? ● Share (or pass) your thoughts with the whole group. Notice any similarities and differences through the reflections. ● How will you practice what you have experienced? 	

*Most CfL activities work best when the teachers join the students and do the activity with them.