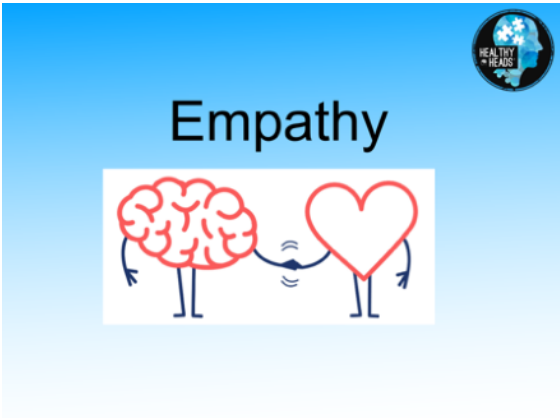





## Healthy Heads Lesson Plan

### Empathy - Year 3/4

- Our Aim:**
- I can understand what empathy means and why it's important
  - I can consider ways that I can show empathy to others
  - I can demonstrate empathy during physical activity games

<b>Lesson Topic: Empathy</b>	
<b>Age:</b> Year 3/4	<b>Duration:</b> 1 hour – 30 min classroom + 30 practical
<b>Links to PSHE curriculum:</b> <ul style="list-style-type: none"><li>- How to listen and respond respectfully to a wide range of people</li><li>- About recognising and caring for other people's feelings</li></ul>	<b>Notes on the class:</b> <p>Gain overview of class - discussion with teacher.</p> <p>SEND      Medical      Behaviour      Other</p>
<b>Resources</b> <p><b>Theory:</b> empathy presentation <b>Practical:</b> floor markers, dodgeballs, beanbags</p>	
Organisation/Diagrams	Teaching Points
<p><b>Theory</b> <u>Introduction</u></p>  	<p>Introduce topic Set classroom expectations</p> <p>Share learning objectives</p>

## What is EMPATHY?



Empathy is the ability to understand how someone else is feeling or to understand the situation they are in and act accordingly to it.

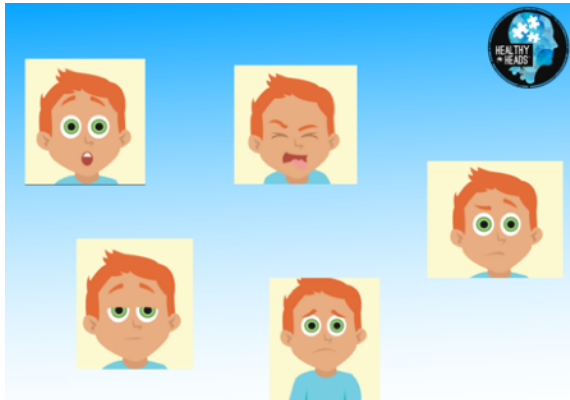
**"putting yourself in someone else's shoes"**

# Empathy is...

seeing with the eyes of another,  
listening with the ears of another,  
and feeling with the heart of another.

### Task 1 – part A

Guess the emotion!



Show images 1 by 1.

**Ask:** What is the boy feeling?

Gather children's responses and discuss.

### Task 1 – part B

In partners



**Name yourself A and B**

**A - shows an emotion  
B - can you guess?**

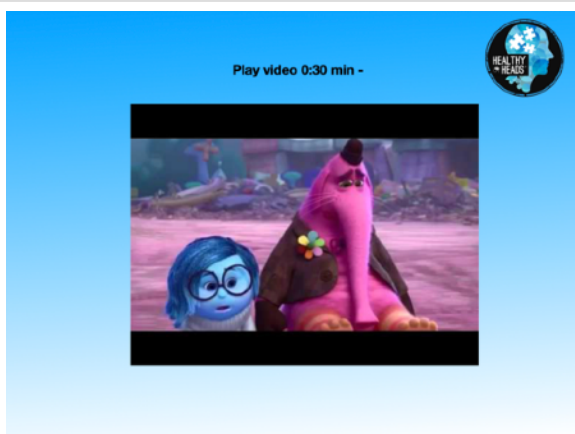
**Swap and repeat**

Use slide to explain

Model task with a child if needed.



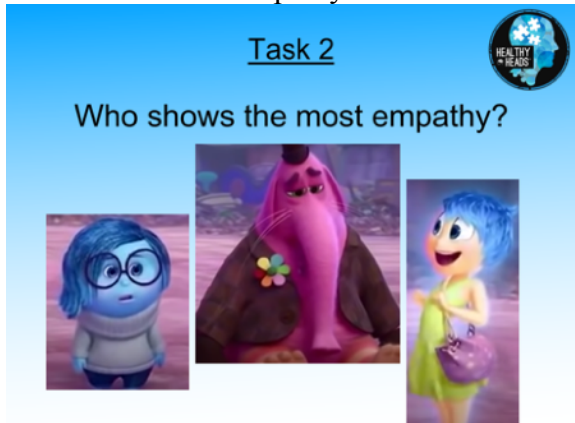
Empathy in sport – show slide with different examples on after discussing the picture in the centre.



Play video for children. Prior to it starting ask them to spot the empathy in the clip.

## Task 2

Who shows most empathy?



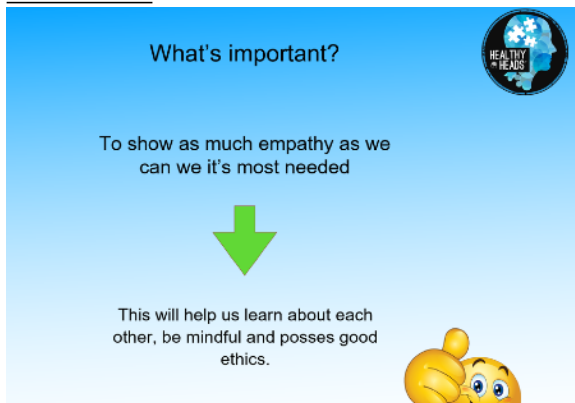
**Ask:** did you see any characters showing empathy? Where? When? How?

Prompt children to start a class debate.



**Ask:** How does each character act? What do they say to show empathy? Do they both show empathy? Do they show it in the same way? Which character is most empathic? How do you know? What would you do? How would you respond?

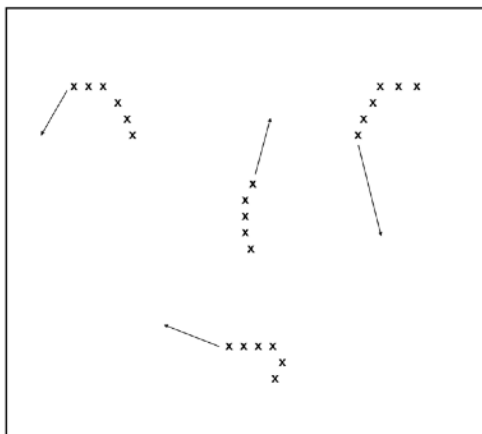
## Conclusion



Prepare children for physical activity and explain that you will be looking out for children who can show empathy.

## Practical

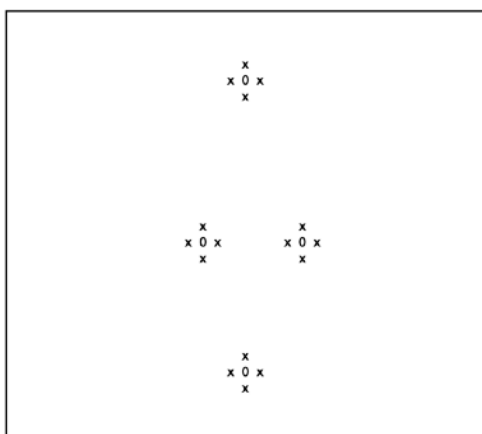
### Activity 1 - Follow the leader



Key: x - children    —> - direction

Children will form small groups, stood one behind the other. The child at the front will move around the area whilst the others follow and copy movements.

### Activity 2 - Space ships



Key: x - children    O - captains

Children will be split into teams of 5. Within each team, 4 players will form a circle by linking arms/holding hands and the captain will stand in the middle with a dodgeball (meteor). This is the space ship. Children must move the space ships around the area for the captain to throw their meteor through the top of another spaceship. Children can adjust the size of their spaceship but must give their captain enough space. Once the captain throws the meteor, the children must move their spaceship so the captain can collect the ball. Which spaceship can score the most points?

### Conclusion

Remind children of learning and share rewards i.e Dojos.

Progression 1 - Can children change movements? Jumps. Hops. Sidesteps. Skips.

Progression 2 - Trains. Can the leader connect their train onto the back of another line?

#### **Teaching points:**

**Ask:** How can you show empathy during this activity?

Examples of correct answers:

- The leaders should move slow enough for the others to keep up / not fall over once connected.
- Can children share turns at the front of the line?

Progression 1 - The game can progress from points to spaceships being eliminated.

Progression 2 - The captain can now block another spaceships meteor with their own meteor.

#### **Teaching points:**

**Ask:** How can you show empathy during this activity?

Examples of correct answers:

- Don't squash your captain
- Don't pull your spaceship around so hard it breaks.
- Roll another terms ball back out of your spaceship if stuck.

