

Empathy – what is it and how can we show it when we're online?

KS2: 7-11 YEARS

Digital Resilience curriculum: 15-minute lesson plan

Lesson objective: *Children will understand the meaning of empathy and what it looks like in the online world.*

Assessment: *Children will complete worksheet and will give verbal examples of when they've felt or witnessed empathy.*

Key words: *Empathy, kindness, feelings. Lesson materials: Scenario worksheets, whiteboard and writing materials.*

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Introduction - 2 minutes: *What do we mean by empathy?*

Explain to children that you are focusing on the topic of empathy. Outline definition and give examples. Encourage them to share anecdotes.

- Empathy means we understand the feelings of another person – it is often described as putting yourself in the other person's shoes.
- Example: If I see someone who has fallen over on the street and has hurt their leg, I will feel empathy towards them because I've fallen over in the past and know how they're feeling – sad, upset and embarrassed.
- Showing empathy for someone means we understand how they're feeling and can share in what they're feeling.

Mind map - 2 minutes: *How do people show empathy?*

Ask children how they think people show empathy towards one another. Write their responses on the whiteboard.

They:

- Listen
- Understand
- Try and help

Class activity - 10 minutes: *What can we do to show empathy online?*

- Split the class into four groups and give each of them a different scenario.
- Give each group five minutes to read and work out how empathy could've been shown by the characters.
- After five minutes, ask each group to present their answer to the rest of the class and write key points from each scenario onto the whiteboard.

Plenary - 1 minute: *Recap the meaning of empathy*

Ask children what it means and why it's important to show it in the online as much as the offline world.