



YOU ME AND EMPATHY

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YouTube link to *You Me and Empathy*:

<https://www.youtube.com/watch?v=dG4Mq-81qdl&t=7s>

There are questions embedded throughout the story. Pause and discuss throughout the video. If you have a copy of the book, there are more discussions questions at the end of the book.

Optional Activities

Shoe Swap: (can be adapted for all grade levels)

- Have students seated in a circle on the floor. Have students put one shoe into the middle of the circle and randomly select another shoe.
- They can do this a few times and make observations each time.

Talking points:

Look at the shoe you choose...

- *Does it match your other shoe?
- *Try to put it on
- *How does it fit? Is it too big, or too small?
- *Can you slide your foot in?
- *Would you be able to do all the things you normally do wearing this shoe?
- *Could you run, walk, hide.
- *Would be easier or harder to get things done?



Summary:

“Did you notice that everyone’s shoes are different? Even if they are the same brand, colour and size, every shoe is unique to the person who wears it. It is shaped and worn in to fit that person’s foot so it can support them. Even though the shoes are made for a specific activity not everyone will use them for the same thing.

Just like our shoes, our life experiences are all unique and different. Everyone has different things going on in their lives that we can’t completely understand. When faced with a difficult situation, some people can react easily and carry on while others may have to tighten up their shoelaces and tackle one thing at a time. It may take them a bit longer to work through a situation because their shoes are a more worn out.

We all have different perspectives about things that happen throughout the day. When we notice that someone is acting out of character, seems angry, or sad, we can remember that everyone is unique and so is their life experience. When we walk in someone else’s shoes, we realize that some days may be easier and some days may be harder. Before you make an assumption, take time to look at things from their perspective (their shoes)

Empathy Wall

Blackline masters of running shoes are attached.

Create an empathy wall (it could be made to look like a track, sidewalk, or road)

- Title it: Steps towards Empathy
- Give each student a few running shoes.
- Instruct students to write on the shoe about a time when someone demonstrated empathy towards them and/or a time that they were empathetic towards someone else.

EX: “I was by myself on the playground because I wasn’t getting along with my friends, and Tom asked if I wanted to play basketball.”

“I noticed that Katie looked sad so I asked if everything was ok.”

This can be ongoing as students can add to the wall weekly, daily or randomly when they have experienced or demonstrated empathy.





Coloring



ADDITIONAL RESOURCES CAN BE
FOUND AT saskatooniec.ca/mindovermatters
For more information, contact admin@saskatooniec.ca





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