

Lesson Concepts

- Having empathy helps you understand and accept how others are the same as or different from you.
- Accepting and appreciating others' differences is respectful.

Key Words

Similar, different, accept, appreciate, individual

Why This Lesson Matters

Practice in finding things they have in common with other students can help children develop empathy and avoid the stereotyping that can fuel teasing and other forms of bullying. Teasing is a very common and hurtful form of bullying, and it is important for children to understand that it is wrong.



Home Link Reminder

Collect the Lesson 7 Home Link.

Using Skills Every Day

Have students ANTICIPATE when they might experience being different from others.

Notice when students accept and appreciate others' differences, and REINFORCE the behavior with specific feedback: **I noticed how you accepted that Martin preferred not to try the treat you brought for the class. That was respectful.**

- Model having empathy for others.
- Remind students to respond empathically.

Have students REFLECT on a time they experienced being different from others.

Daily Practice



Teach the lesson.



Play "The Empathy Song." Have students make three-step plans for teaching their partners the things they wanted to learn (from the Lesson 8 handout).



Have students play Common Ground with partners other than their *Second Step* partners.



Play "The Empathy Song." Discuss ways students can use empathy to help them notice and understand others' differences throughout the day.



Have students complete the Weekly Skill Check. Sample check-in statements:

- Having empathy helps me understand and accept how others are different from me.
- Accepting and appreciating people's differences is respectful.



Common Ground

Preparation

Have students stand facing their partners, with space between them.

Steps

1. Read the question out loud.
2. Have students show a thumbs-up for yes or a thumbs-down for no.
3. Have partners who answer the same way step together and slap hands; have partners who answer differently squat down.
4. Increase the challenge as desired.

Questions

- Do you like playing tag?
- Do you like drinking orange juice?
- Do you like doing puzzles?
- Do you like listening to music?
- Do you like cleaning out your desk?

Increasing the Challenge

Attention (A), Working Memory (WM), and Inhibitory Control (IC)

- Introduce an opposites rule: If partners answer the same way, they squat; if they answer differently, they step to “common ground.” (A, WM, IC)
- Have students tally how many questions they answered the same way. (WM)
- Have pairs of students compare their tally with other pairs’ tallies. (WM)