

Classroom Guidance Lessons

5th Grade

Unit 1: Self-Awareness & Self-Management

Unit Questions

1. What is empathy? How does it differ from sympathy?

CASEL Standards (CASEL.org)

Self-awareness: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

Self-management: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

Lesson 1 - We will begin to explore the concept of empathy by comparing this experience to sympathy. Using an animated video, students will begin to explore the meaning of empathy and the skills required to display empathy toward others. All videos can be found on the Boyden Guidance website (<https://tinyurl.com/caseyleary>).

Lesson 2 - As we continue to discuss empathy we will watch a video and consider the power of empathy. Students will begin to explore fictional scenarios that will help us to practice the steps of empathy. Volunteers can act out scenarios while the class observes and then discusses the steps to empathy.

Lesson 3 - The class will watch a powerful example of empathy and kind actions. This will help us to explore the impact of empathy in our classrooms and community. The class will continue to act out role play scenarios and review the steps to empathy.

Lesson 4 - As we finish up our discussion on empathy and the role play scenarios, students will brainstorm how to use empathy in our everyday lives. Although we are finishing up the first unit, empathy will be connected to many future lessons.

Unit Vocabulary

Empathy - The ability to understand and share the feelings of another person

Sympathy - a feeling of pity or sorrow for someone else's misfortune

Steps of Empathy

- 1) Listen
- 2) Imagine how the person is feeling
- 3) Comforting Words
- 4) Kind Actions

Empathy Videos

<https://tinyurl.com/5empathy1>

<https://tinyurl.com/5empathy2>

<https://tinyurl.com/5empathy3>

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