

LESSON PLAN 1

Early Years
Empathy in Focus

Lesson Plan 1.0: Early Years

Empathy in Focus

Lesson Title	Empathy in Focus : Empathy Glasses
Lesson Summary	This lesson introduces students to the concept of empathy and perspective taking. Students will learn how to see the world through someone else's eyes by crafting their own <i>Empathy Glasses</i> . Through the story of a Make-A-Wish Australia's wish child, students will reflect on emotions and develop an understanding of how empathy can guide their actions in everyday life.
Year Level	This lesson is for Early Years: Kinder, Prep & ELC
Lesson Duration	35-45 minutes
Learning Intention	- We are learning to see the world from another person's perspective. - We are learning how empathy can guide our actions in a positive and supportive way.
Evidence of Learning	By the end of the lesson, students will be able to: - Start to understand what empathy means, and why it is important. - Design and create <i>Empathy Glasses</i> using craft materials. - Use their <i>Empathy Glasses</i> to reflect on the feelings they observed of the Make-A-Wish child before, during, and after their wish was granted. - Identify real-life situations where empathy can be applied to support others.
Things you will need	- Make-A-Wish content (video) Roxy Embarks on a Rainbow Adventure  - Digital device to play the Make-A-Wish video (optional) - Craft materials (paper, card, markers, scissors, glue) - Card - Whiteboard and markers
Teacher preparation notes	- Kinder teachers may wish to cut the glasses out for the students before or after the activity. - Review the Make-A-Wish video for sensitive content (the video is optional) Roxy Embarks on a Rainbow Adventure  - Print off templates - Write the success criteria and learning intention on the board before the lesson begins. - Ensure craft materials are ready and organised for the activity. - Encourage students to think deeply about their personal experiences with empathy and help students who may struggle to identify their own moments of being empathetic. - Teachers should adapt this lesson to meet the diverse needs of students, including those with varying abilities and those with Special Educational Needs (SEN)

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Empathy in Focus - Scripted

Introduction & Icebreaker (10 minutes)

"Hello everyone! Today we're going to learn about something really special, it's called empathy!"

"Can anyone say that with me? Em-pa-thy! Great job!"

"Empathy means noticing how someone else is feeling, and caring about it."

"It's like being a feelings detective! You can look at your friend and think: how do they feel right now?"

"Let's practice! Look at this face" **(make a sad face)** "How do you think I'm feeling?" **(pause for answers)**

"That's right, sad! How did you know? You used empathy!"

"Has anyone ever seen a friend cry or be sad at school?" **(pause for answers)**

"That's ok, everyone can be sad sometimes, it's just important to care about how your friend feels."

"When we care about our friends' feelings, it helps us be better friends. It also makes our classroom feel safe and happy for everyone!"

Introduction to Perspectives

"Now here's another big word, perspective. Can you say it? Per-spec-tive!"

"Perspective means seeing things through someone else's eyes, like wearing their glasses!"

"What if YOU loved dogs, but your friend was scared of them? How might they feel when a dog runs to them?"

"That's perspective, understanding that your friend sees it differently than you do."

Introduction to Make-A-Wish

"I want to tell you about Make-A-Wish Australia, who give special wishes to kids who are sick, and help them feel happy. Kindness and empathy are really important when granting wishes, so they can understand what each child wants as their wish. For example, some children wish for a puppy and some children wish for a trip to the snow."

"I'd like to tell you about a girl named Roxy who's wish was to see 1000 umbrellas. Roxy's favourite thing in the world is her rainbow umbrella. Roxy's wish was to visit the Rainbrella Project in Queensland, where you can see 1000 rainbow umbrellas. Roxy was super happy to see all the umbrellas, and the umbrellas were bright and the colour of rainbows."

If suitable, play Roxy's wish: [Roxy Embarks on a Rainbow Adventure](#) 

Activity: Empathy Glasses (20 minutes)

"So now, we're going to make Empathy Glasses. To help us see the world through someone else's eyes."

"You can decorate your glasses with anything you like, you can use lots of different colours, just like the Umbrella's in Roxy's wish."

"Remember I'm here to help if you get stuck."

Provide materials and guide students in creating the glasses. Encourage creativity when decorating them, and encourage the use of crayons, texters, textiles, colours etc.

Wrap up & Reflection (3-5 minutes)

"Great work today everyone! Your glasses look wonderful."

"Who enjoyed making their glasses?" **(pause for responses)**

"Remember, whenever your friend is sad we can use our empathy glasses to try and see things from their eyes."

"Let's all work together to tidy the classroom."

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Empathy in Focus - Unscripted

Introduction & Icebreaker (10 minutes)

Welcome the students and tell them today they'll be learning about empathy.

- Get them to repeat the word back to you.
- Demonstrate empathy by saying it is when you can see how someone else is feeling and caring about it – demonstrate by pulling a sad face and asking how they think you're feeling.
- Introduce them to the concept of perspective and how we can all see things from a different point of view. Give a suitable example of perspective.
- Ask students to pronounce perspective
- Explain what perspective (seeing things through someone else's eyes, like wearing their glasses).
- Give suitable example – e.g if a friend loves dogs or bananas and you do not. Explain that perspective is understanding that someone sees something differently.

Introduction to Make-A-Wish

- Introduce them to Make-A-Wish Australia and explain that the organisation grants life-changing wishes for critically ill children, and that each wish is unique and some people wish for a puppy, and other's wish to meet Spiderman.
- Tell them about Roxy's wish

Roxy's favourite thing in the world is her rainbow umbrella. Roxy's wish was to visit the Rainbrella Project in Queensland, where you can see 1000 rainbow umbrellas. Roxy was super happy to see all the umbrellas, and the umbrella's were bright and the colour of rainbows.

If suitable, play Roxy's wish: [Roxy Embarks on a Rainbow Adventure](#) 

Activity: Empathy Glasses (20 minutes)

- Explain that today they will be making empathy glasses.
- Explain that they can decorate them how they would like.
- Encourage them to be colourful like Roxy's umbrella wish.
- Encourage creativity and use of colour.
- Either cut out the glasses before or after they've decorated them.
- After the activity, ask students to see how their glasses are different and to swap glasses.

Wrap up & Reflection (3-5 minutes)

- Thank students for their work and effort.
- Encourage them to think about their glasses whenever a friend is sad.
- Tidy up the classroom together.