

LESSON PLAN 1

Grade 3-4
Empathy in Focus

Lesson Plan 1.2: Grade 3-4

Empathy in Focus

Lesson Title	Empathy in Focus – Worlds Beyond My Window
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, and how we all have different experiences. Students will be introduced to a wish story and learn about a wish child's wish journey. Students will then create a piece of art; <i>Worlds Beyond My Window</i> , where they can draw/paint/collage a view from a window that shows hope, imagination and possibility.
Year Level	This lesson is for Grades 3-4
Lesson Duration	60 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. • Practice empathy by imagining what might bring comfort, joy or strength to another person. • Develop perspective-taking skills by thinking about the world through someone else's experiences. • Build compassion and kindness for children facing illness or challenges. • Learn that art can be a powerful way to share understanding and support.
Evidence of Learning	By the end of the lesson, students will be able to: • Explain what empathy means and why it is important. • Understand that people's lives and feelings can be different from their own. • Design and create their Worlds Beyond My Window artwork, using craft, colour and symbols to communicate feelings and ideas. • Recognise that small acts of care can make a meaningful difference. • Identify real-life situations where empathy can be applied to support others. • Understand that people's lives and feelings can be different from their own.
Things you will need	• Make-A-Wish content (video). Roxy Embarks on a Rainbow Adventure  • Digital device to play the Make-A-Wish video. • Craft materials (paper, paint, collage items). • Card/thick paper to paint on. • Whiteboard and markers.

**Teacher
Preparation notes**

- Review the Make-A-Wish video or story to highlight key moments that demonstrate hope (also to review if content is suitable).
[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 empathy.
- Allow students to share their window but ensure that sharing is optional to maintain a safe and respectful environment.
- 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 (15 minutes)

"Hello everyone, and welcome to today's lesson. Today we're going to be learning about empathy!"

"Does anyone know what empathy means?" **(Pause for a few answers)**

"Empathy is the ability to understand how someone else feels by imagining ourselves in their situation and understanding how they might feel."

"For example, if a friend is left out at lunch time and sitting alone, even though it isn't happening to you, having empathy means recognising that they might feel lonely and excluded."

"We're going to answer a few questions as a group and write them on the whiteboard."
(List their responses on the board or discuss their answers verbally)

"Can you think of a time when you understood how someone else was feeling?"
(Select a few students to answer)

"Why is it important to understand how others feel?"
(Select a few students to answer with the option to write them on the whiteboard)

"These are all wonderful examples. Empathy is important as it strengthens friendships, helps with any disagreements, and helps to build a supportive classroom environment."

Introducing Perspective

"Now I want to talk about perspective. Perspective means seeing things from someone else's point of view. We all have different experiences that shape how we see the world. Strengthening our empathy skills and perspective skills allow us to understand and support each other better."

"Have you ever disagreed with a friend about something?" **(Pause for answers)**

"Disagreements can happen often, especially when we experience different things."



"How can seeing things from someone else's perspective help us be more understanding?" **(Pause and select 2 students to answer, encourage answers around kindness and patience)** "Great answers!"

Introducing Make-A-Wish

"Now I'd like to talk about Make-A-Wish Australia. Make-A-Wish is an organisation that helps critically ill children who are facing difficult challenges. Make-A-Wish grants life changing wishes to those children and provides them with hope and joy. Each wish is as unique as the child who imagines it. So, one child might wish for a puppy, and another might wish for a princess party – which shows us that we all have different perspectives."

"I want to introduce you to Make-A-Wish Australia, which grants wishes to critically ill children. Each wish is unique, like the child, some children wish for a pony, and others wish for a fun holiday to the Gold Coast. Kindness and empathy are really important when granting wishes, and today I want you show you Roxy's wish."

Play Roxy's wish: [Roxy Embarks on a Rainbow Adventure](#) 

"Now you need to think about how Roxy may have been feeling when she was having her wish."

"Turn and talk to the person next to you and discuss 2 feelings or emotions you can see in the video?" **(Give the students a few minutes).**

Who would like to share?" **(Choose 2-3 students)**

"Great! You can see Roxy's wish is full of laughter and joy, with lots of smiles."

Activity: Worlds Beyond My Window (35 minutes)

"Wishes provide hope, joy when they need it most. It gives children the chance to imagine life beyond illness. Which brings us to our activity. We're each going to paint a view from a window, something that shows the following:

(Write prompts on the board)

- "Something you wish you could see"
- "A place that brings you joy, calm or excitement"
- "A dream destination you'd love to visit"
- "Something you'd love to experience"



“You can be as creative as you wish, it can be a drawing, painting, or collage. There are two options, either use the window frame as provided, or draw your own.”

Creative prompts:

- “If you could look out your window and see anywhere in the world, what would it be?”
- “What is important to you/what are your favourite things?”
- “Who is there with you?”
- “What’s happening in the scene?”
- “How does it make you feel?”

Artistic Prompts:

- Use bright colours to symbolise joy like Roxy’s wish
- Paint symbols of happiness
- Use different textures and brush techniques

Post Activity

“Now I’d like everyone to stand up and hold up their window. I want us to notice how every view is different. If you’re not comfortable holding it up, don’t worry”

“When you see what your classmates created, what do you notice first? What differences do you see?”

(Choose 3 students to answer).

“Yes exactly! Everyone’s perspective is different, which means everyone’s window is different”

Wrap up and Reflection (10 minutes)

(Hand out reflection worksheets)

“Now I want us to reflect on what we’ve learnt and answer the following prompts on our worksheets.”

- “How did it feel to see your classmates’ artwork and their view?”
- “How can you use empathy in the future?” (At home or in the classroom)
- “What is one way you could help someone feel joy, just like in your artwork?”



- “How might thinking about your window help you understand others better?”

“Wonderful work today everyone! It’s so great to see so much creativity.”

Additional tasks (optional)

Empathy Challenge: Challenge students to complete an "Empathy Mission" at home, such as helping a sibling, comforting a friend, or listening to a family member. Ask them to report back at the next lesson.

Empathy Poster: Students design posters for the classroom with slogans like, “See the world through someone else’s eyes” or “Kindness starts with you and me having empathy”.

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Empathy in Focus - Unscripted

Introduction & Icebreaker (15 minutes)

- Explain that today's lesson will focus on practicing empathy and perspective taking, which are essential for understanding and supporting others.
- Start by explaining what empathy means. You could say something like: "Empathy is when we try to understand and share how someone else feels by imagining ourselves in their situation. It's noticing their emotions and offering support".

Ask the class:

- "Can you think of a time when you understood how someone else was feeling? How could you understand how someone was feeling?"
- "Why is it important to understand how others feel?"
- Write or discuss their responses, emphasising how empathy helps strengthen friendships, resolve conflicts, and build a supportive environment.

Introducing Perspective

- Briefly explain that perspective is about seeing things from another person's point of view. "Everyone's experiences are different, and that shapes how we see the world."

Ask:

- "Have you ever disagreed with a friend? Why do you think that happened?"
- "How can understanding someone else's perspective help us be more understanding?"

Reintroducing Make-A-Wish

- Explain briefly how Make-A-Wish grants wishes to children with serious illnesses.
- Highlight that wishes bring hope and joy
- Highlight that each wish is unique
- Each wish is as unique as the child who imagines it. So, one child might wish for a puppy, and another might wish for a princess party – which shows us that we all have different

perspectives.”

- Show Roxy’s wish **Play Roxy’s wish:** [Roxy Embarks on a Rainbow Adventure](#) 
- Ask the students how Roxy appeared to be feeling in the video and how they can see she might feel that way (**choose a student and look for answers of smiling, laughing etc**).
- Explain we can feel positive empathy for Roxy when watching her wish experience.
- Explain that wishes provide hope and joy and give children the chance to imagine life beyond illness and support feeling a sense of joy and hope.

Activity: Creating A Window Beyond My World (35 minutes)

Let students know the activity will be painting or creating a view from a window. Their view can show:

- Something they wish they could see
- A place that brings them joy, calm or excitement
- A dream destination they’d love to visit
- Something they’d love to experience.

Provide materials like cardboard, markers, and decorations, encourage students to paint, draw, or make a collage for their view.

End of activity:

Once finished, have students hold up their window, and look at how everyone’s window is different, and give examples of how they are different. (**Choose 3 students to answer**)

Wrap up and Reflection (10 minutes)

- Ask students to reflect by journaling the following prompts using the reflection worksheet:
 1. How did it feel to see other people’s paintings and their view?



2. How can you use empathy in the future? (At home or in the classroom)
3. What is one way you could help someone feel joy, just like in your artwork?
4. How might thinking about your window help you understand others better?

Remind them of the great creative work they have done today, and encourage using empathy in practice throughout their week

Additional tasks (optional)

Empathy Challenge: Challenge students to complete an "Empathy Mission" at home, such as helping a sibling, comforting a friend, or listening to a family member. Ask them to report back at the next lesson.

Empathy Poster: Students design posters for the classroom with slogans like, "See the world through someone else's eyes" or "Kindness starts with empathy."