

LESSON PLAN 1

Grade 1-2
Empathy in Focus

Lesson Plan 1.1: Grade 1-2

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 'Empathy Glasses'. 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 Grades 1-2
Lesson Duration	50-60 minutes
Learning Intention	- To see the world from another person's perspective. - To see 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 'Empathy Glasses' using craft materials. - Use their <i>Empathy Glasses</i> to reflect on their feelings - 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	- 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). - 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, and welcome to today's lesson. Today we're going to be learning about empathy!"

"Does anyone know what empathy is?" (pause for answers)

"Empathy is the ability to understand and share how someone else feels by putting yourself in their shoes."

"It's about noticing when someone is upset or happy and knowing how to support them."

"Can you think of a time when you understood how someone else was feeling? What did you do to help them?"

(List responses on the board and/or discuss)

"Why is it important to understand how others feel?"

"Yes exactly, empathy strengthens friendships, resolves conflicts, and builds a supportive environment."

Introducing Perspective

"Empathy works well with perspective. Perspective means seeing things from someone else's eyes. We all have different experiences. For example, you may love dogs, but your friend may be very scared of dogs based on their experience."

"How can seeing things from someone else's perspective help us be more understanding?" (select a few responses and list on the board and/or discuss)

"Great answers. Understanding different perspectives allows us to be more understanding, and to support each other better, which all helps to with having a kind classroom."

Introducing Make-A-Wish

"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 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: Creating Empathy Glasses (30 minutes)

"Now, we'll make our Empathy Glasses. These glasses are to remind us to see the world from other perspectives. We can either draw and cut out our own glasses, or use the template provided."

"You can decorate your glasses with anything you like, please be as creative as possible with patterns and use lots of different colours, just like the umbrellas 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.**
- **If you have coloured film, the students can use it as 'lenses' for the glasses.**

Putting on Empathy Glasses:

Once finished, have students compare glasses and see how each pair is different.

"Ok time is up! Let's all hold our glasses for everyone to see. Can you see how everyone's glasses are different?" **(point out a few differences between some of the glasses, colour, texture etc.)**



“When you wear your glasses I’d like you to think about having different perspectives. For example, if you and a friend were each asked to make a wish, do you think you’d wish for the same thing?”

(ask 2 students to answer and discuss how people’s perspectives differ based on their unique experiences)

“Yes exactly! Everyone is different and has a different opinion.”

Wrap up & Reflection (10 minutes)

“Now I want you to use your reflection worksheet to answer the following questions.”

Write the prompts on the board

- How did it feel to wear your Empathy Glasses and think about someone else's experience?
- Can you think of a time when you can use your Empathy Glasses in the future to understand someone better?
- Write about a time when you helped someone by understanding how they felt.

“Great work today everyone! Remember that empathy is a skill that can be used in all relationships; friendships, school, and family, if you’re comfortable you can chat to your parents or guardians about what you learned today.”

Extension Activities (Optional)

Empathy Role-Play: Create role-play scenarios where students take turns wearing the Empathy Glasses and acting out situations where someone needs support (e.g. comforting a sad friend or helping a new student feel welcome).

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 share back at the next lesson.

Empathy Poster: Students design posters for the classroom with sayings like, “*See the world through someone else’s eyes*” or “*Kindness starts with empathy.*”

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Empathy in Focus- Scripted

Introduction & Icebreaker (10 minutes)

- 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? What did you do to help them?
- 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
- Explain that today's lesson will focus on practicing empathy and perspective taking, which are essential for understanding and supporting others.
- Share with the students that today they'll practice seeing the world through someone else's eyes.

Introducing Make-A-Wish

- Explain briefly how Make-A-Wish grants wishes to children with serious illnesses, and that each wish is unique like the child.
- Some wish for a pony, and others wish for a fun holiday to the Gold Coast.
- Play Roxy's wish: [Roxy Embarks on a Rainbow Adventure](#) 
- After the video or story, prompt the students: What two feelings do you think they had?" Let students turn and talk with a partner for 30 seconds, then invite 2-3 students to share their thoughts. **Encourage answers around laughter and joy.**

Activity: Empathy Glasses (30 minutes)

- Let students know they will now create Empathy Glasses to remind them to see the world from others' perspectives. Provide materials like cardboard, markers, and decorations.
- Students will decorate their glasses using any colours, patterns and textures that they wish
- Guide the students to make their glasses, encouraging creativity in how they decorate.

Putting on Empathy Glasses (5 minutes)

- Once the glasses are complete, have students put them on. Have a brief discussion about how everyone's glasses differ.
- Discuss: "If you and a friend each got to make a wish, do you think you would wish for the same thing? Why or why not?"
- Explore how everyone's unique experiences shape their perspective.

Wrap up & Reflection (10 minutes)

- Ask students about how it felt to imagine the world from someone else's perspective?



- Follow-up with: “How might wearing your Empathy Glasses help you understand others better?”
- Emphasise how empathy helps create kindness, patience, and understanding in relationships with friends, classmates, and communities.

Reflection Journal

Encourage students to reflect by answering the following prompts using their reflection worksheet

(Write the prompts on the board)

1. How did it feel to wear your Empathy Glasses and think about someone else might see things?
2. Can you think of a time when you can use your Empathy Glasses in the future to understand someone better?
3. Write about a time when you helped someone by understanding how they felt.

Extension Activities (Optional)

Empathy Role-Play: Create role-play scenarios where students take turns wearing the Empathy Glasses and acting out situations where someone needs support (e.g., comforting a sad friend or helping a new student feel welcome).

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.*”