

# Coddington School

and

# EmpathyLab

**Presentation to parents:**

Tuesday 17<sup>th</sup> April 2018

# The aims of this session:

- **To explain** the background to Empathy Lab
- **To share** our reasons for becoming involved with the scheme
- **To explore** how empathy can help our children
- **To examine** how we are approaching it in school
- **To ask** for your help and support

# What is Empathy?

- **Empathy** *noun*:  
the ability to understand  
and share the feelings of  
another.

# EMPATHY

Understanding how others feel

**Empathy** is...

seeing with the **eyes** of another,  
listening with the **ears** of another,  
and **feeling** with the **heart** of another.

# Brené Brown discussing Empathy:

<https://www.youtube.com/watch?v=1Evwgu369Jw>



# What is Empathy Lab?



- Miranda McKearney OBE
- Working alongside academics, authors and publishers
- Harness power of empathy in schools – using stories, and quality texts
- **‘The Theory Of Mind’** supported by neuroscience research
- 15 pioneer primary schools (with Coddington CofE Primary School being one!)

<http://www.empathylab.uk/>

# EmpathyLab

**Harnessing the power of stories to  
develop empathy, literacy and  
social activism**

“If you are interested in how you can foster children’s well-being and resilience, then there is good evidence that empathy should be a key priority.”

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## *Professor Robin Banerjee*

Centre for Children’s Relationships, Emotional and Social Skills,  
University of Sussex, Psychology Department

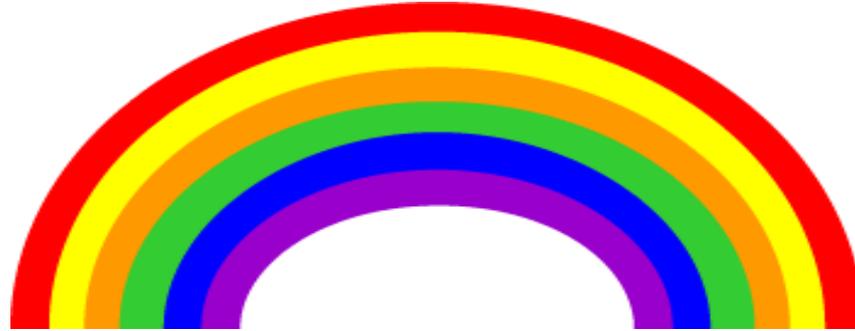
# Why are we involved?

- Tamsin Caputa became inspired after partaking in a course discussing EmpathyLab and empathy
- Wished to harness the power of empathy within our school due to its benefits for the children and their development
- Relevant alongside the Coddington School Values
- Provides a different area of education aside from our strong academic results

# How can empathy help our children?

- Developing empathy enhances learning and life skills
- It's key to children feeling safe and secure – these feelings enable them to learn
- It is a skill which we are born with but one which we need to practice and keep working on!
- A vital life skill.....

# How is Empathy used in our School?



- Inset day to engage staff
- On our school improvement plan – endorsed by the Governors
- Empathy is our ***Overarching Value***

# How is Empathy used in our School?

- Launched in school World Book Day- the power of literature in building our understanding of empathy - [https://www.youtube.com/watch?v=9\\_1Rt1R4xbM](https://www.youtube.com/watch?v=9_1Rt1R4xbM)
- Teachers using the power of books – focus on characters, dilemmas and feelings
- Expanding vocabulary for feelings – a need to understand and names them
- Using drama and immersive activities
- Using every opportunity to help children develop their empathetic skills – assemblies/circle times

# Further development in school:

- Empathy explorers and Empathy book spotters
- To set up an Empathy council – playground buddies/helpers/social action
- To take part in a nationwide Empathy Day – 12.6.18 #readforempathy #empathyday  
(details TBC)

# Empathy Day

**12 June 2018**



**Helps schools harness the power of stories to build empathy, literacy and social action**

**#ReadforEmpathy**

**[info@empathylab.uk](mailto:info@empathylab.uk)**

**[www.empathylab.uk](http://www.empathylab.uk)**

# Social action:

- How is empathy put into practise in the wider community?
- Our theme is Loneliness
- Intergenerational choir
- Links to care homes and the elderly and lonely in the community

# How can you help?

- Use empathy tools with your child
- Share quality texts and read with them regularly – ask questions and initiate book talk to explore situations and characters
- Can you offer time to help in school? - book clubs and reading cafés
- Do you know anyone who would like to join our choir?

# Read for empathy – read for pleasure

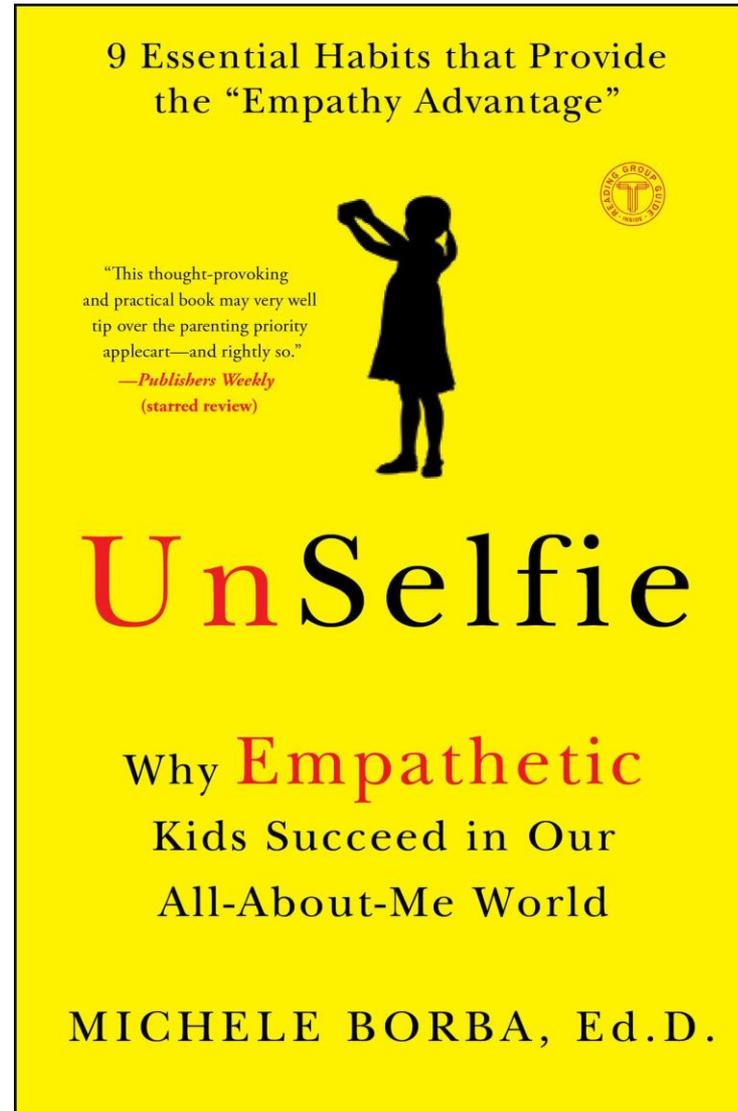
<http://www.empathylab.uk/empathybookcollection>



# Empathy book-talking

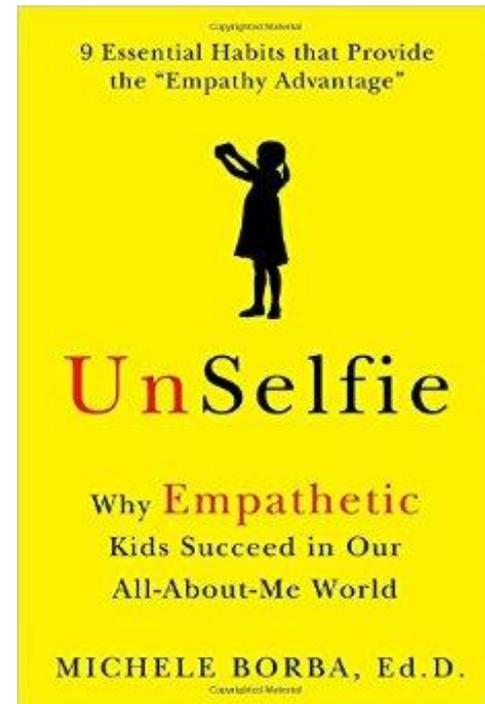
- Springboard to model empathic communication
- Help children understand feelings by delving deeper into characters
- Help children develop a language for emotions
- Create an empathic community of readers at the heart of the school

# Further reading and resources:



# Putting empathy into action

“There are proven physical and mental health benefits to stretching children's ‘helping muscles’. Giving -- not receiving -- is what makes kids happier, healthier, less stressed and feel better about themselves.”





## 9 ESSENTIAL HABITS THAT GIVE KIDS THE EMPATHY ADVANTAGE

1. Emotional Literacy
2. Moral Identity
3. Perspective Taking
4. Moral Imagination
5. Self-Regulation
6. Practicing Kindness
7. Collaboration & Teamwork
8. Moral Courage
9. Altruistic Leadership

*UNSELFIE by Dr. Michele Borba has dozens of proven, practical ways to teach children each essential habit to nurture empathy.*

# Ways To Show Empathy

- Be aware of another person's feelings by showing concern.
- Show sensitivity by looking at their facial expressions.
- Ask questions to understand feelings.
- Give a simple sign of affection such as hug or a tender touch.