

## Empathy in classrooms

It is imperative that we educate children for lifelong learning and we can do this by encouraging empathy at an early age. Design thinking helps students get a complete view of a challenge and incorporate different perspectives. Empathy as a first step ensures that all the students respect each other and others' views.

I was just reading about E.A.R, an extension to Empathy.

Source: Calm Upset People with Empathy, Attention and Respect

E.A.R. stands for Empathy, Attention and Respect. An E.A.R. Statement connects with the person's experience, with their feeling.

EMPATHY: "I can hear how upset you are."

ATTENTION: "Tell me what's going on."

RESPECT: "I respect your efforts."

For example:

"I can see how important this is to you."

"I understand this can be frustrating."

"I know this process can be confusing."

"I'm sorry to see that you're in this situation."

"I'd like to help you if I can."

"Let's see if we can solve this together."

### **Ideas:**

- Have activities around empathy – a simple idea would be to give images that convey empathy and ask students to write about what the images convey or they can make a presentation too, with their own quotes on empathy.
- Older students can observe good values in younger children and award them stars as badges.