

Lesson Plan for teachers



Development of Emotional Skills of Students

EMPATHY

TOOL 1

Activity for students in class

Name of the Tool

In someone else's situations

Objectives of the Tool

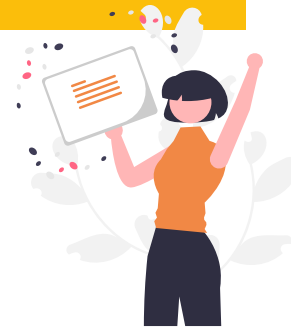
This activity helps to cultivate empathy by encouraging students to imagine themselves in someone else's situation.

Connection of the activity to the skill

In "someone else's situation" activity provides students with a structured and interactive opportunity to develop empathy by actively considering the perspectives, emotions and experiences of others.

Outcomes

This activity fosters a range of positive outcomes that contribute to students' social, emotional and cognitive development. By training empathy and emotional



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intelligence, students are better equipped to maintain relationships and understand different perspectives.

Introduction of the Tool

“Each of you will have the opportunity to choose someone from your life – it could be a friend, a family member, a classmate, or even someone you don't know very well – and imagine what it's like to be them. You'll write a short story or role-play a scenario from their perspective, exploring their thoughts, feelings, and experiences.”

Required time

45 – 50 min.

Resources, material needed

- Paper
- Pens or pencils

Tips for implementation of the tool by teacher

Some tips for successful implementation:

- create a safe and supportive environment
- provide clear instructions

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- offer guidance and support
- encourage authenticity
- foster reflection

Age group most suitable for the tool implementation

12 – 14

Suitability of the tool (possible issues, offline/online implementation, adjusting the tool for specific environments, students with special needs, etc.)

No

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TOOL 2

Activity for students in class

Name of the Tool

Classmate collage

Objectives of the Tool

To foster a sense of community and mutual respect and understanding among classmates by exploring personal identities and sharing experiences.

Connection of the activity to the skill

“Classmate collage” activity provides students with opportunities to practice empathy by listening, respecting and connecting with their classmates, talking about diversity and, fostering a sense of understanding. Through this activity, students develop essential social and emotional skills.

Outcomes

This activity promotes empathy, self-awareness, community building, cultural



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competence, communication skills, critical thinking, emotional intelligence and creative expression.

Introduction of the Tool

"First, I'd like you to imagine a collage as a visual representation of who you are – a mix of images, words, and symbols that reflect your personality, interests, and experiences. You'll have the opportunity to create your own collage, and then share it with your classmates to help them learn more about you."

Required time

50 min.

Resources, material needed

- Paper
- Pens, pencils, markers, colored pencils
- Magazines, newspapers, printed images (optional)
- Glue or tape
- Scissors

Tips for implementation of the tool by teacher

It is recommended to follow these tips:

- 💡 Provide clear instructions
- 💡 Create a safe and supportive environment

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- 💡 Offer adequate preparation time
- 💡 Provide adequate materials
- 💡 Encourage authenticity
- 💡 Facilitate whole class reflection
- 💡 Encourage students to respect their classmates' differences and diversity

Age group most suitable for the tool implementation

12 – 14 years

Suitability of the tool (possible issues, offline/online implementation, adjusting the tool for specific environments, students with special needs, etc.)

Instead of physical collages, students can create digital collages using online platforms or presentation software.

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