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BUILDING A COMMUNITY OF CARE

8. Listen and Empathize

Module 1 – Physical Safety, Mental Health and Wellness
(INTERMEDIATE)

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To show empathy by listening to others in order to understand their feelings and experiences.

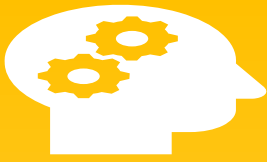
Pre-Reflection



Before we begin, think about...

- How does the word “empathy” connect to your mental wellbeing?
- When you’re upset who can you turn to? What things make you feel better when you are upset?

Minds On – Understanding Empathy



"The action of understanding, being aware of, being sensitive to... the feelings, thoughts, and experience of another" (Merriam Webster)

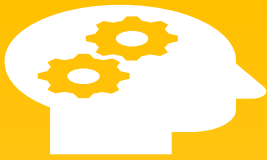
Minds On – Understanding Empathy



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Minds On – Understanding Empathy



After watching this video how has your understanding of empathy changed?

How can you encourage others to be empathic and how can you be more empathetic to others?

TASK: Be There Website



You will be working in a group to familiarize yourselves with different strategies that can be used when peers are demonstrating difficulty with their emotions and/or mental health.

Each group will be responsible for summarizing 1/5 of [The Golden Rules](#).

TASK: Be There Website



Using the [The Golden Rules](#) you may choose to create a power point, an anchor chart or infographic to display your knowledge for your classmates.

TASK: Be There Website



Be There

1

Say what you see

2

Show You Care

3

Hear Them Out

4

Know Your Role

5

Connect to Help

Get started

Get started with Be There Basics.



Consolidation: Share Your "Be There" Knowledge



Now, you will share your findings with the class, explaining your Golden Rule to your peers.

Consolidation: Share Your "Be There" Knowledge



Discuss:

Have you used any of these strategies before?

What did you learn from the presentation of your peers?

How can you use these skills with a peer?

Take Away: Self-Reflection

What is the main idea I want to remember or take away from this lesson?

What do I need to learn more about?

How is my mental wellbeing after this co-learning experience?



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