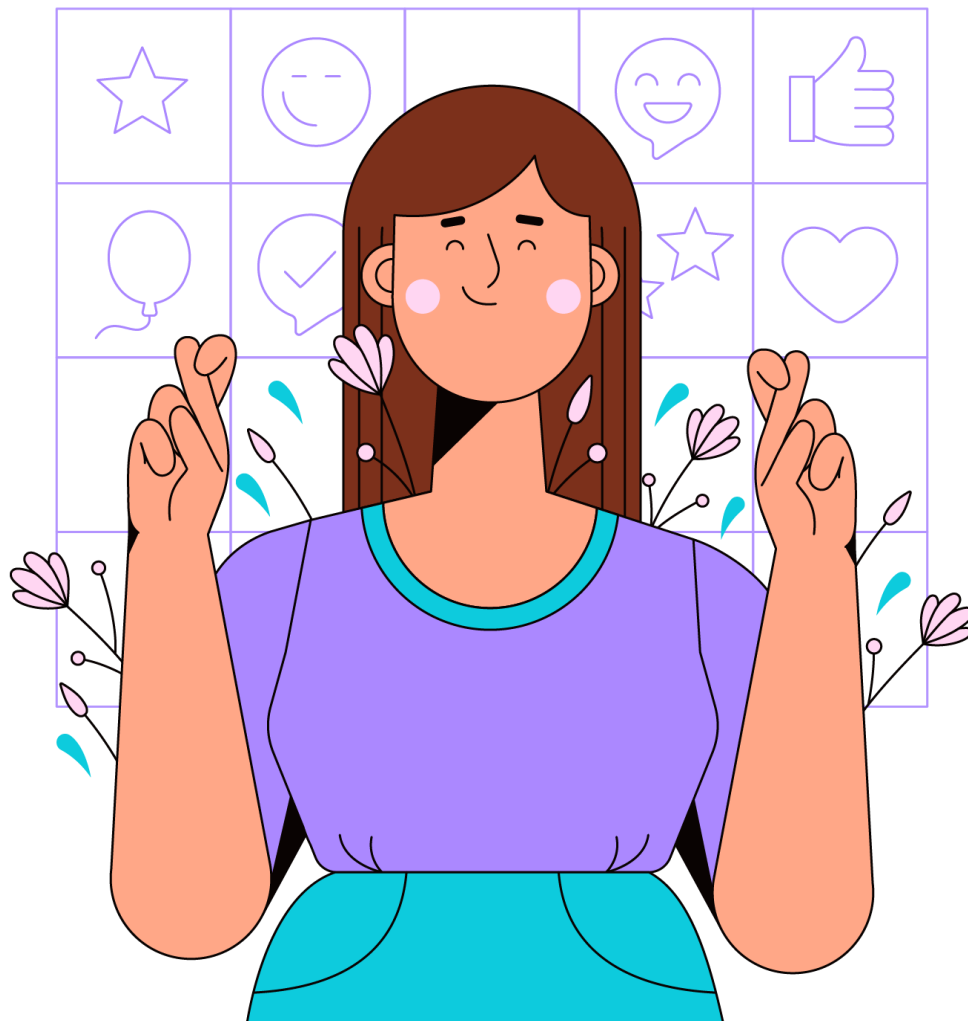


:PERMA:DIGITAL

WP3: Training and Capacity Building Development Module 3 - Unit 3.2

Lesson Plan 2 *Empathy Mirror: Understanding Feelings and Perspectives*



Lesson Title	Empathy Mirror: Understanding Feelings and Perspectives
Connection to PERMA Digital Framework	<ul style="list-style-type: none"> ● PERMA elements: relationships, positive emotion, meaning ● DigComp: communication and collaboration, digital citizenship ● LifeComp: empathy, emotional awareness, social responsibility <p><i>This lesson draws on experiential and collaborative learning approaches, helping students understand empathy through both experience and creation. The story activity allows learners to feel and interpret empathy before they represent it digitally, reinforcing emotional understanding through doing. collaborative design of empathy mirrors encourages creativity and peer learning while promoting responsible and kind digital communication. The approach builds relationships by fostering shared understanding and appreciation among classmates, while positive emotion and meaning emerge through authentic, supportive interaction online. This method develops empathy as both a personal skill and a digital citizenship competency, enhancing emotional literacy and social awareness.</i></p>
Duration	45 minutes
Age range	10–12 years (upper primary)
Objectives	<p>By the end of the lesson, students will be able to:</p> <ol style="list-style-type: none"> 1. Explain what empathy means and give examples of showing kindness or understanding. 2. Create a simple digital “Empathy Mirror” using Padlet or Canva to express how they can show care for others. 3. Reflect on how using technology kindly can build friendships and make online spaces safer and happier.
Setting	Classroom or computer lab
Required material/resources	<ul style="list-style-type: none"> ● Short video or story on empathy (e.g., “The Present” short film: https://youtu.be/WiqiU5FgsYc) ● Padlet or Canva for digital artefact creation

	<ul style="list-style-type: none"> ● Mentimeter for class word clouds ● Optional: printed feelings chart or small mirrors for warm-up reflection
<p>Lesson activities</p>	<p><i>The lesson helps students recognise what empathy looks like and how to show it in everyday life, both in person and online.</i></p> <p>Prepare the Learning Environment (Before Class)</p> <ul style="list-style-type: none"> ● Create a Padlet wall titled “Empathy in Action.” ● Prepare a Mentimeter word-cloud question: “What does empathy mean to you?” ● Check video sound and visuals. ● Display a digital rule slide: “Pause before you post – Be kind, Be respectful, Be supportive.” ● Optional: provide small mirrors or printed emojis for warm-up discussion. <p>Step 1 – Digital Story and Emotional Connection (10 min)</p> <ul style="list-style-type: none"> ● Play the short film “The Present” or another short empathy story. ● After viewing, ask: <ul style="list-style-type: none"> “How did the boy show kindness?” “What helped him understand someone else’s feelings?” ● Students share one word about empathy on Mentimeter. ● Show the live word cloud and talk about common ideas such as helping, caring, and listening. <p><i>Teacher tip:</i> Use examples from daily life. “When your friend feels left out, how can you show empathy?”</p> <p>Step 2 – Personal Reflection and Digital Creation (15 min)</p> <ul style="list-style-type: none"> ● Explain that students will make their own Empathy Mirror, a short digital message showing how they understand and care about others. ● Demonstrate a simple example on Canva. <ul style="list-style-type: none"> ○ Add a title: “I see you, I care.” ○ Add one sentence (e.g., “When my friend is sad, I listen and stay with them.”). ○ Add an image, emoji, or drawing to show caring. ● Encourage creativity, colours, symbols, or short phrases, while keeping messages kind and clear. ● Remind them to take a short 10-second break to stretch or rest their eyes halfway through. <p>Step 3 – Collaborative Sharing: The Empathy Wall (10 min)</p> <ul style="list-style-type: none"> ● Ask students to post their Empathy Mirror on the class Padlet.

	<ul style="list-style-type: none"> ● Have them read 2–3 other posts and leave a kind comment such as: “That’s really nice.”, “I’ve done something like that too.”, “That’s a great way to help!” ● Show the wall on screen and highlight patterns — for example: “Many of us show empathy by helping or listening.” ● Briefly discuss: “How does reading kind messages online make you feel?” “What can we do to make digital spaces more caring?” <p>Step 4 – Reflection and Closure (10 min)</p> <ul style="list-style-type: none"> ● Discuss short, practical ideas when showing empathy: smiling, helping a classmate, saying something kind online. ● Ask students to complete a quick self-check: “Today, I used technology to…” → (connect / care / share / learn). ● End with a whole-class circle reflection: “Empathy means…” “I will show empathy by…”
<p>Assessment</p>	<p>Assessment in this lesson should focus on effort, participation, and kindness.</p> <p>Teachers can:</p> <ul style="list-style-type: none"> ● Observe how students engage respectfully and collaborate online (e.g., contributions on Padlet or Mentimeter). ● Review their Empathy Mirrors for sincerity and effort. ● Use a quick Mentimeter or oral check-in: “How did it feel to share your empathy online?” ● Provide brief verbal or digital feedback (stickers, emojis, or positive comments) to reinforce effort and empathy.
<p>Additional Resources</p>	<p>Common Sense Education Digital Citizenship Lessons: Free resources to discuss kindness and empathy online.</p> <p>Mindful Moments Mini-Toolkit for Teachers</p> <p>Empatico Classroom Platform: library of online activities and games aimed at fostering empathy and understanding among students worldwide</p>

