

"Expressing Empathy"

Pre-session Activity

Identify Emotions

Materials: Refer to the attached sheet – draw a picture of each emotion listed.

Also have prayer request slips available for those who want to fill out a prayer request.

Gathering Circle

- ♥ Welcome
- ♥ Share the Daily Word
- ♥ Announcements
- ♥ Collect the Love Offering

Prayer Focus

Bible Quote:

Matthew 21:22

And whatever things you ask in prayer, believing, you will receive."

Introduce the prayer box and the prayer request slips and encourage the children to write or draw out their prayer requests and place them in the prayer box. Each class will be taking turns each week to say prayers for the requests in the box.

LESSON INTENTION

Expressing empathy shows that people care about one another. Without the ability to empathize, children may choose solutions that only benefit themselves.

Issue: How can I identify my own and others feelings?

Unity Principle: #1 - "There is only one power and one presence in the universe, God, who is all good and active in everything, everywhere."

Affirmation: I recognize and understand the feelings of others.

1 2 Powers: ZEAL: Zeal is the quiet energy I feel when I am doing something I love.

Early Elementary Lesson:

"Caring About Other's Feelings"

Expressing empathy shows that people truly care about each other. It helps people to see & feel things from another's perspective.

PRAYER LEADERS:

Prayer Box Prayer

Materials: Prayer box, prayer cloth, and candle

Ask the children to help set up the prayer area. Gather them around the prayer box and invite them to share a prayer or good thoughts for the requests in the box.

Silent Unity Call

Encourage the group to choose a prayer request. Explain that Silent Unity is a place that prays 24 hours a day and we can call them anytime we want to. They will ask us for our prayer request and then will pray with us. They will continue to pray for us for 30 days.

Make a group call to Silent Unity and use the speaker phone in the CHAPLAIN'S OFFICE so all can hear. Determine what your prayer request is. 1-816-969-2000.

StoryQuote...

Matthew 22:37, 39

Jesus said to him, "'You shall love the Lord your God with all your heart, with all your soul, and with all your mind...' And the second is like it: 'You shall love your neighbor as yourself.'

Discussion Questions...

- ♦ How are we to love God?
- ♦ Who is our neighbor?
- ♦ How must we love them?
- ♦ What does it mean to love our neighbor? Why is it important?
- ♦ How can loving our neighbor lead to peace?

Empathy Activity..

Showing We Care Skits

Materials: Use the scenarios listed below.

Empathy is putting yourself in someone else's shoes. It is trying to understand another person's situation or conflict from his or her perspective. In order to truly understand how another person feels, we must get in touch with emotions.

The idea here is to choose different scenarios and act them out to help the children understand the importance of recognizing and identifying feelings in themselves and in others.

In each scenario:

- ♥ Act out the scene
- ♥ Identify what emotions the main character is feeling
- ♥ Look at how each of you might have felt in the situation
- ♥ Show how you would validate and support the main character

Possible Scenarios:

1. You are a new kid in school and:
 - a. Everyone looks up when you walk into class.
 - b. No one picks you for a team during gym.
 - c. You get home from school and no one is there.
2. You spent a lot of time creating a...(work of art, story about yourself, etc...) , it is very important to you and:
 - a. No one comments on your creation.
 - b. Your friends make fun of it.
 - c. Your parents say, "that's nice" but don't really look at it.

Creative Expression...

Peacemaker Flags CONTINUES UNTIL THEY ARE COMPLETED

Materials: Fabric paint or fabric markers; felt squares in lots of colors, scissors, fabric glue, paintbrushes; 3' x 4' piece of felt for flag.

This flag will represent your village and the people in it and how it is a peacemaking village. It will be a group project. So, as a group, decide what symbols, artwork or designs you want to put on your flag, remembering that it represents the people in your village and all of their peacemaking skills. It make take some time to decide upon the exact design. This is OK as we will be working on these flags for a few weeks. It can be one joint design or symbol or it can be individual pieces that work together. Put your village name In a prominent place on the flag. You can use fabric paint or you can cut your symbols, designs and letters from the felt and make a collage-type design. We will hang them in each of our classroom areas.

Another Way to Create the Flag:

Materials: as above but add – drawing paper and pencils.

1. Create a story about peace. It can be from your life or a compilation of stories collected from your "village."
2. Draw the picture on the drawing paper. If you can't draw then collect the ideas and the story from the students and I will create a drawing for you.
3. Cut out the main shapes of the story out of paper. Then use them as patterns to cut them out of the felt.
4. Use fabric glue or fusible interfacing to attach them to the flag.
5. Use fabric paint or markers to add words to help tell your story.

Elementary Lesson:

"Expressing Empathy"

Expressing empathy shows that people truly care about each other. It helps people to see & feel things from another's perspective.

Opening Activity..

Expressing Emotions

Materials: Magazines, poster board, scissors & glue.

Share: Empathy is putting yourself in someone else's shoes. It is trying to understand another person's situation or conflict from his or her perspective. In order to truly understand how another person feels, we must get in touch with emotions. There are 3 things that help us to understand the emotions of others:

- ♥ Identify what the emotion is that they are feeling
- ♥ Look at the situation from their perspective
- ♥ Validate and support the other person

Do:

1. Divide the group into pairs. Instruct each pair to choose an emotion to focus on. Ask them not to share their choice with the group.
2. Invite them to look for pictures in the magazines illustrating the specific clues that help identify the emotion they chose. (*i.e. facial grimace, clenched fist, tears, laughter...*)
3. Construct the collage and present to the group, **but don't give away the emotion depicted.**
4. Invite the group to try to identify the emotion presented.

Discuss:

- ♥ Why is it important to identify another person's emotions?
- ♥ When we understand the emotions the person is feeling, why is it also important that we understand the situation the person is in?
- ♥ Can you share a time when someone empathized with you and really put himself or herself in your shoes? How did that make you feel?

StoryQuote...

Zech 7:10

Show mercy and compassions every man to his brother.

Discussion Questions...

- ♦ What does it to show mercy?
- ♦ What does compassion mean?
- ♦ Who are our brothers?
- ♦ What benefits will receive when we understand one another?

Creative Expression...

Peacemaker Flags

Materials: Fabric paint or fabric markers; felt squares in lots of colors, scissors, fabric glue, paintbrushes; 3' x 4' piece of felt for flag.

This flag will represent your village and the people in it and how it is a peacemaking village. It will be a group project. So, as a group, decide what symbols, artwork or designs you want to put on your flag, remembering that it represents the people in your village and all of their peacemaking skills. It make take some time to decide upon the exact design. This is OK as we will be working on these flags for a few weeks. It can be one joint design or symbol or it can be individual pieces that work together. Put your village name In a prominent place on the flag. You can use fabric paint or you can cut your symbols, designs and letters from the felt and make a collage-type design. We will hang them in each of our classroom areas.

Another Way to Create the Flag:

Materials: as above but add – drawing paper and pencils.

1. Create a story about peace. It can be from your life or a compilation of stories collected from your "village."
2. Draw the picture on the drawing paper. If you can't draw then collect the ideas and the story from the students and I will create a drawing for you.
3. Cut out the main shapes of the story out of paper. Then use them as patterns to cut them out of the felt.
4. Use fabric glue or fusible interfacing to attach them to the flag.
5. Use fabric paint or markers to add words to help tell your story.

Uniteen Lesson:

"Emotions & Empathy"

Expressing empathy shows that people truly care about each other. It helps people to see & feel things from another's perspective.

Opening Activity..

Understanding Empathy

Share: Empathy is putting yourself in someone else's shoes. It is trying to understand another person's situation or conflict from his or her perspective. In order to truly understand how another person feels, we must get in touch with emotions. There are 3 things that help us to understand the emotions of others:

- ♥ Identify what the emotion is that they are feeling
- ♥ Look at the situation from their perspective
- ♥ Validate and support the other person

Discuss, When someone is in conflict...

- ♥ Why is it important to identify another person's emotions?
- ♥ When we understand the emotions the person is feeling, why is it also important that we understand the situation the person is in?
- ♥ Can you share a time when someone empathized with you and really put himself or herself in your shoes? How did that make you feel?

Other Thoughts to Explore:

- ♥ If you empathize with both people in a conflict, that will...
- ♥ If everyone were more empathetic...

StoryQuote...

Hebrews 4:12

God's word is alive and working and is sharper than a double-edged sword. It cuts all the way into us, where the soul and the spirit are joined, to the center of our joints and bones. And it judges the thoughts and feelings in our hearts.

Discussion Questions...

- ♦ What is meant by God's word?
- ♦ How does it affect our lives?
- ♦ What does it do to our feelings?
- ♦ What does this quote mean to you?

Creative Expression...

Peacemaker Flags

Materials: Fabric paint or fabric markers; felt squares in lots of colors, scissors, fabric glue, paintbrushes; 3' x 4' piece of felt for flag.

This flag will represent your village and the people in it and how it is a peacemaking village. It will be a group project. So, as a group, decide what symbols, artwork or designs you want to put on your flag, remembering that it represents the people in your village and all of their peacemaking skills. It may take some time to decide upon the exact design. This is OK as we will be working on these flags for a few weeks. It can be one joint design or symbol or it can be individual pieces that work together. Put your village name in a prominent place on the flag. You can use fabric paint or you can cut your symbols, designs and letters from the felt and make a collage-type design. We will hang them in each of our classroom areas.

Another Way to Create the Flag:

Materials: as above but add – drawing paper and pencils.

6. Create a story about peace. It can be from your life or a compilation of stories collected from your "village."
7. Draw the picture on the drawing paper. If you can't draw then collect the ideas and the story from the students and I will create a drawing for you.
8. Cut out the main shapes of the story out of paper. Then use them as patterns to cut them out of the felt.
9. Use fabric glue or fusible interfacing to attach them to the flag.
10. Use fabric paint or markers to add words to help tell your story.

Prayer Circles

This can be done in individual classrooms or the group can come back together at the end of class time. Assign someone to speak aloud a prayer from the heart.

Invite everyone to form a circle and join hands and then invite each person to state a simple prayer affirmation (they may pass if they need to.)

Prayer Circle Affirmation: ***I recognize and understand the feelings of others.***

Close with the Prayer for Protection.

My Emotions

CHOOSE A FEW OF THE EMOTIONS LISTED BELOW AND DRAW A PICTURE OF HOW YOUR FACE/BODY LOOKS WHEN YOU ARE FEELING THAT EMOTION:

AFRAID

HAPPY

SAD

EXCITED

LOVING

PROUD

ANGRY

LONELY

PEACEFUL

