

# KS2 WEEK 4

## FLOURISH!

### EMPATHY AND COMPASSION

#### What is the true essence of the human spirit?

Empathy is the ability to connect to other people's feelings and perspectives in a meaningful way.

To have compassion is to treat people with respect and understanding. To use kindness to help people solve any problems and to not judge, but listen to all sides of the story regardless of who you believe is telling the truth.

Humans are not born with a fixed quantity of empathy. With repeated experiences, practice and learning, our plastic brains can change, and 98% of us are capable of improving our empathy skills at any time in our lives.

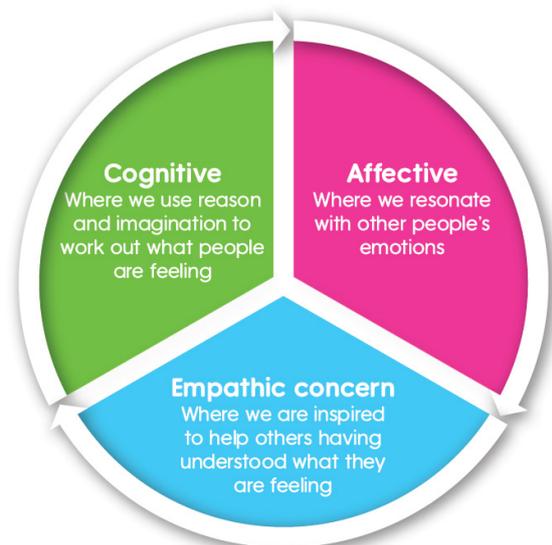
- Stay true to yourself
- Be kind
- Listen
- Be honest

Read more by clicking on the link to Puffin Schools.

<https://www.puffinschools.co.uk/resources/ks2-resource-pack-empathy-day-2019/>

*"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."*

**Leo Buscaglia**



Source: Puffin Schools

### LISTEN TO

'Have You Filled Your Bucket Today?' by Carol McCloud

[http://www.viewpure.com/pB\\_xoStokgg?start=0&end=0](http://www.viewpure.com/pB_xoStokgg?start=0&end=0)

'Wonder' by R.J Palacio

[https://archive.org/details/Wonder\\_201810/mode/2up](https://archive.org/details/Wonder_201810/mode/2up)

'We are all Wonders' by R.J Palacio

<http://www.viewpure.com/IWUoaAtXGE?start=0&end=0>



Please ask your parents/carers for permission to watch the videos.

# GOOD MOOD FOOD!



**Greek yoghurt with honey** can lift your spirits. Try this for your mid-morning snack.

**Chickpeas:** eat them as they come, or in houmous. Dip your carrots, cucumber or breadsticks in the houmous for a healthy snack.

Why not make your own houmous with this delicious recipe? <https://www.jamieoliver.com/recipes/vegetable-recipes/simple-houmous/>

## PAUSE AND FIND PEACE

Mediation: showing kindness and compassion.

<http://www.viewpure.com/KIEcztQuyE8?start=0&end=0>



## PLEASE ASK YOUR PARENTS/CARERS FOR PERMISSION TO WATCH THE VIDEOS

### WATCH

#### What is empathy?

<https://www.puffinschools.co.uk/resources/ks2-resource-pack-empathy-day-2019/>

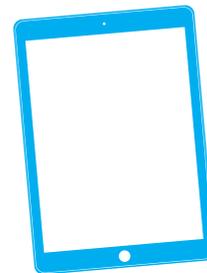
#### 'The Present'

How does this relate to empathy and compassion?  
<https://www.literacyshed.com/the-present.html>

## MUSIC TO BOOST YOUR MOOD

Listen to - 'I'll Be There For You' by The Rembrandts

<http://www.viewpure.com/2vuagDDr--Q?start=0&end=0>



## CREATE IT!

### 'to walk in someone's shoes...'

1. Draw a shoe; any shoe!
2. Write inside the shoe how YOU show empathy and compassion for someone:
  - Listen
  - Don't judge
  - Accept differences
  - Ask questions
  - Give your time
  - Consider their feelings
3. Colour and decorate your shoe.
4. Take a picture of your shoe and send it to your teacher.
5. Walk in someone else's shoes to understand empathy and compassion.

### Take some time to reflect on your week:

- Write down three good things that happened this week.
- How many hours of sleep did you get?
- Can you start each day with a positive affirmation?

*Please send any examples to your Form Teacher so they can be put forward for certificates and recognition through House points.*

### Managing lockdown:

- Catch sight of the beautiful.
- Remark on the unusual.
- Notice the changing seasons.
- Savour the moment, whether you are walking, eating lunch or talking to friends.
- Be aware of the world around you and what you are feeling.
- Reflecting on your experiences will help you appreciate what matters to you.

**[Taken from New Economics Foundation]**

**Empathy Day 2020 is on 11 June**

