

TOPIC

Empathy

LEVEL

Second Grade

THEME

Listening with Your Heart

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Explain what empathy means.
- Practice listening carefully to others to show empathy.
- Describe how listening helps others feel cared for and understood.

MATERIALS

- Construction paper or cardstock
- Scissors, markers/crayons
- Tape or stapler (to make headbands)
- "Empathy Ears" templates (one per student)
- Timer or clock

ESSENTIAL QUESTIONS

- What does it mean to listen with empathy?
- How does listening help people feel they belong?
- How can we use empathy to live out Aevidum and show "I've got your back"?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we are going to learn about empathy. Empathy means caring about how someone else feels and trying to understand them. One of the best ways to show empathy is by listening with our hearts. Let's start with a quick check-in. Turn and talk to a partner and answer this: When someone really listens to you, how does it make you feel?"

- Allow 1-2 minutes for students to share, then ask for a few volunteers to respond aloud.

Say: "Listening is one way we show Aevidum. When we listen, we tell people, 'I've got your back.' Today, we'll practice listening carefully to understand each other, not just to talk back."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask:

- "What does it mean to listen with your heart?"
 - Guide toward: paying attention, making eye contact, not interrupting, caring about what the person says.
- "Why does it feel good when someone listens to us?"

Say: "When we listen with our hearts, we use our eyes, ears, and hearts to really understand. This helps people feel important, accepted, and like they belong, which is what Aevidum is all about."

Show these "Heart Listening Rules" on the board:

- Look at the person talking.
- Stay quiet until they are finished.
- Think about what they are saying.
- Show you care by nodding or saying kind words like, 'I hear you!'

ACTIVITY: HEART LISTENING (20 MINUTES)**Instructions:**

- Pair students up (Partner A and Partner B).
- Partner A talks for 1 minute about a topic (e.g., their favorite game, pet, or fun memory).
- Partner B practices listening quietly and then repeats back one thing they heard.
- Then switch roles.
- Say: "Partner A, you will share something you love. Partner B, your job is to listen with your heart. Look at them, be quiet while they speak, and remember one thing they say."
- Use a timer for 1-minute intervals, then switch.
- Ask:
 - "How did it feel when someone really listened to you?"
 - "How did it feel to listen and repeat back what you heard?"
 - "Why is this important for showing empathy and Aavidum?"
- Say: "Now we'll make 'Empathy Ears' headbands to remind us to listen with our hearts. When we wear these, we remember that listening is one of the ways we show 'I've got your back.'"
- Give each student a strip of construction paper to fit their head.
- Have them draw or color two big "ears" or use a template for ear shapes.
- On one ear, write: "I listen with my heart."
- On the other ear, write one kind phrase they can say to a friend to show empathy (e.g., "I hear you," "I understand," "That sounds hard").
- Help students tape or staple the strips into headbands.

WRAP-UP (5 MINUTES)

Gather students back in a circle wearing their Empathy Ears.

Ask:

- "What is one thing you can do this week to listen with empathy?"
- "How does listening show 'I've got your back' and make people feel they belong?"

Say: "Empathy means we notice when someone needs us and we care enough to listen. When we listen with our hearts, we are telling our friends and classmates, 'I see you. I hear you. You belong.'"