

# Social Awareness

Nurturing Empathy

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# NJ SEL Competencies

**New Jersey Social and Emotional Learning Competencies and Sub-Competencies**

**SELF-AWARENESS**

- Recognize one's feelings and thoughts
- Recognize the impact of one's feelings and thoughts on one's own behavior
- Recognize one's personal traits, strengths and limitations
- Recognize the importance of self-confidence in handling daily tasks and challenges

**SELF-MANAGEMENT**

- Understand and practice strategies for managing one's own emotions, thoughts and behaviors
- Recognize the skills needed to establish and achieve personal and educational goals
- Identify and apply ways to persevere or overcome barriers through alternative methods to achieve one's goals

**SOCIAL AWARENESS**

- Recognize and identify the thoughts, feelings and perspectives of others
- Demonstrate and awareness of the differences among individuals, groups and others' cultural backgrounds
- Demonstrate an understanding of the need for mutual respect when viewpoints differ
- Demonstrate an awareness of the expectations for social interactions in a variety of settings

**RESPONSIBLE DECISION-MAKING**

- Develop, implement and model effective problem solving and critical thinking skills
- Identify the consequences associated with one's actions in order to make constructive choices
- Evaluate personal, ethical, safety and civic impact of decisions

**RELATIONSHIP SKILLS**

- Establish and maintain healthy relationships
- Utilize positive communication and social skills to interact effectively with others
- Identify ways to resist inappropriate social pressure
- Demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways
- Identify who, when, where, or how to seek help for oneself or others when needed

\*Adopted by the New Jersey State Board of Education in August 2017



## SOCIAL AWARENESS

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# What is Empathy?

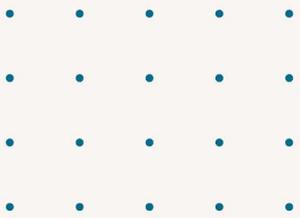
- ❑ Ability to understand other people's feelings and perspectives because you can imagine yourself in their shoes
- ❑ Helps us understand how others are feeling so we can respond appropriately to the situation

[Brene Brown Empathy vs. Sympathy Video](#)



# Sympathy vs. Empathy

<b>SYMPATHY</b>	<b>EMPATHY</b>
I feel bad your project did not come out the way you wanted it to.	I feel for you. It is frustrating when you have an image in your mind and it does not come out that way.
I am so sorry you got a bad grade on your test.	I totally get how you can feel defeated when you put so much work into studying and then the results of the test do not show it.
	I can relate to how upset you are. My dog died last year and it was so difficult. Do you want to talk about it?
That stinks you weren't invited to the party.	



# Why is empathy important?

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- ❑ Interpersonal relationships- helps build stronger relationships with others
  - ❑ Encourages tolerance and acceptance
  - ❑ Decreases aggression and bullying
  - ❑ A better ability to understand others
  - ❑ Promotes good mental health
  - ❑ Promotes KINDNESS and COMPASSION
  - ❑ Better at dealing with conflict
  - ❑ Critical to workplace performance
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# How do we show empathy?

- ❑ Active listening: eye contact, block out all surrounding noise and distractions, good posture
- ❑ Listen without judgement
- ❑ Never discount a person's feelings
- ❑ Do not offer advice or try to fix any problems
- ❑ Mirror the other person's emotional state with your own facial expressions
- ❑ Be curious and ask questions that are open-ended

# What can you do at home?

Name their feelings



Model behavior



Volunteer/donate



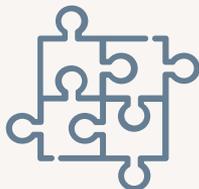
Read



Role-playing



Watch TV and movies



Mindfulness



Ask questions



# Questions that will help develop empathy

## To ask your child:

- Tell me more.
- How do you feel?
- How are you impacted by that?
- What difficulties are you having?
- What do you enjoy about that?
- What have you learned about yourself?
- How did you overcome that?
- What could you have done differently?
- What did you do to help someone today?

## To ask your child regarding others:

- How do you think they feel/felt? How do you know?
- Think about how you would feel in that situation.
- Have you ever felt that way?
- What was helpful for you?
- How can you be a good friend or help them?
- What would you do?



# Reflection Activity

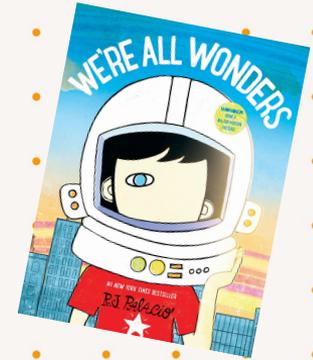
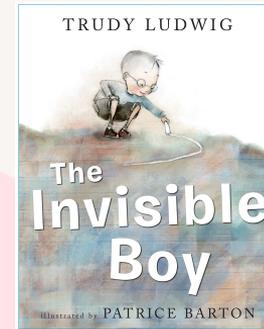
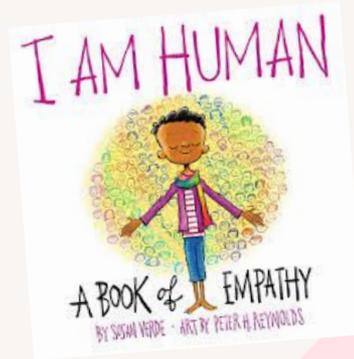
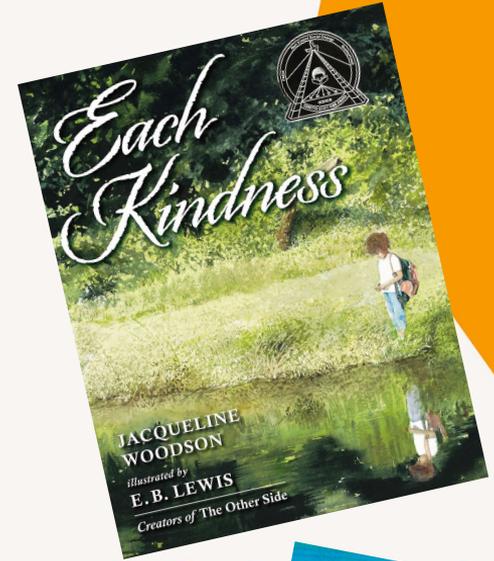
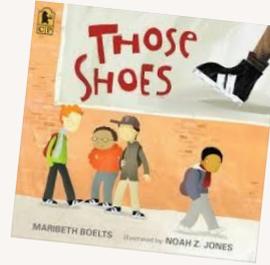
Sesame Street: Mark Ruffalo, Empathy

Sesame Street Empathy



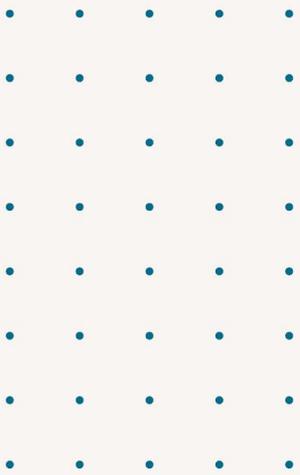
# Book List

- Each Kindness* - Jacqueline Woodson  
*We're All Wonders* - R. J. Palacio  
*Empathy is My Superpower! A story about showing you care* - Bryan Smith  
*I Am Human: A book of empathy* - Susan Verde  
*The Sandwich Swap* - Queen Rania Alabdullah  
*Have You Filled A Bucket Today? A Guide to Daily Happiness For Kids* - Carol McCloud  
*How To Lose All Your Friends* - Nancy Carlson  
*Can I Play Too?* - Mo Willems  
*Just My Friend and Me* - Mercer Mayer  
*Recess Queen* - Alexis O'Neill & Laura Huliska-Beith  
*Cliques Just Don't Make Cents* - Julia Cook  
*Weird! Series* - Erin Frankel  
*The Invisible Boy* - Trudy Ludwig  
*You, Me, and Empathy* - Jayneen Sanders  
*Those Shoes* - Maribeth Boelts  
*Stand in My Shoes* - Sornson  
*Chocolate Milk, Por Favor!: Celebrating diversity with empathy* - Maria Dismondy  
*Empathy* - Katie Marsico



# References

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<https://www.youtube.com/watch?v=1Evsgu369Jw>
- ❑ Zylbershlag, E. & Lee, E. (2019). Social Emotional Character Development. *New Jersey State Bar Foundation*.
- ❑ Krznaric, R. (2012, November). Six Habits of Highly Empathetic People. *Greater Good Magazine*.  
[https://greatergood.berkeley.edu/article/item/six\\_habits\\_of\\_highly\\_empathic\\_people1](https://greatergood.berkeley.edu/article/item/six_habits_of_highly_empathic_people1)
- ❑ Krznaric, R. (2014). Empathy: Why it matters and how to get it.
- ❑ Caselman, T. (2012). *Teaching Children Empathy, The Social Emotion*. Chapin, SC: Youth Light Inc.



# Mindfulness Meditation

“Raise your hand and put it on your heart. Now, let your eyes close and imagine someone who makes you happy every time you see them. Think about how you know you are happy. Do you smile or laugh, are you not able to stay still? Now picture that person being very happy, with a smile on their face. Maybe they are doing something they really enjoy. Imagine they are surrounded by calm and peaceful things, and that their heart is calm and peaceful. Now send kind thoughts to that person. When you have finished sending kind thoughts to that person, think about how you feel. When you are ready you may open your eyes.”

-derived from Mindful Schools

