



Thank you for requesting the free Open Ears sample lesson.

We have created the Open Ears Programme to help teachers support their students with emotional well-being.

Support for Teachers and Schools

As a result of the pandemic, teachers, students and parents have been some of those facing the most serious changes in routine, with everyone scrambling to plan new lessons, organise distance learning, change family routines and find adequate space at home to learn and play.

The Open Ears Programme provides ready-made PSHE lesson plans, worksheets, assemblies, and circle times, which enable children to learn how to acknowledge their emotions, what to do with them, as well as how to listen and to help others.

The pack also includes stickers, posters, and certificates. The programme is available in three different age categories: 4-7, 8-12, and 13+.

Included in the Open Ears Programme:

- 36 x lesson plans
- 23 x worksheets
- 6 x assemblies
- 6 x circle times
- 24 x posters
- 1110 x stickers
- 30 x passports
- 30 x certificates

The Open Ears Programme uses some of the tools from our ACEs-informed training course, Helping Children with Loss, which is for anyone who works or lives with children.

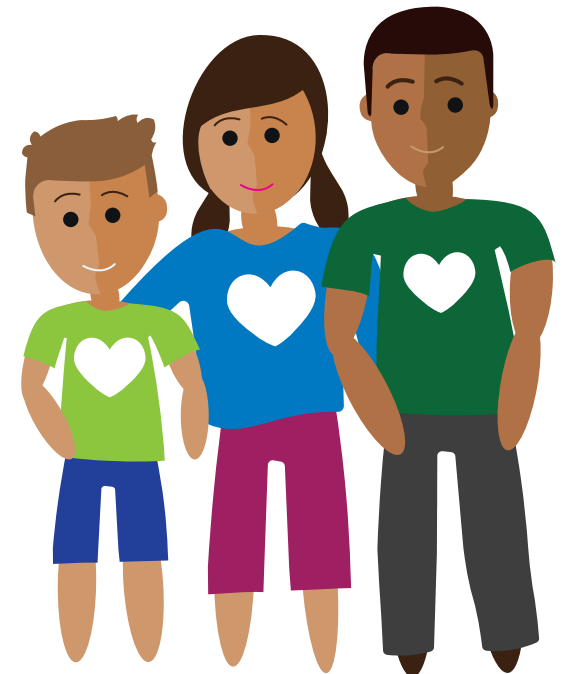
Additional Resources & How to Find Out More

The Grief UK website provides other resources for helping children with loss, including free digital downloads, webinars, articles and training courses.

All accessible from:

www.griefuk.org/schools

Or call us on **01234 862218**



Empathy Activity 3: Empathy X-Ray



Area of Learning: **Open Ears - Value: Empathy**

Learning Objectives/ Key Questions

- A greater understanding of what empathy is - how to reflect on past experiences in new ways
- Value their own experiences - understanding others and accepting their differences
- Understanding that each individual's experiences are subjective - developing social skills
- Be able to use empathy to change behaviour and build better relationships - understanding emotional cues

Date

Duration

Grouping

Year group

Progression of Learning and Teaching: Key Teaching Points / **Your Notes**

Introduction

Remind the children of the Empathy Assembly and ask the children to put on their 'empathy glasses' to carry out this activity, so that they can think about other people's feelings. Remind them what they did in last activity - **Paperchain of Kindness** where they wrote one act of kindness on a strip of paper and when they were all linked together showed how kindness spreads out.

Points to remember:
Key Learning and Teaching Strategies

Activities and Experiences

- As a visual aid the day before, you can drop an apple on the floor a few times (making sure not to break the skin)
- Just before this exercise, you can ask the children if either of the apples appear to be hurt
- When you cut the apples in half, they will see the bruises inside the one you dropped even though both apples appeared the same on the outside
- This will illustrate how feelings can be hurt even when it is not always apparent on the surface
- Ask the children to think about what it feels like inside after your feelings have been hurt
- Ask the children to draw on the x-ray where they think it hurts and what those hurt feelings look like
- After they have finished their pictures, ask them what they could do to make those hurts better

Resources

Open Ears Passport
Open Ears Empathy stickers
Open Ears Empathy Activity Worksheet 3 (1 per Child)
Pens/pencils
Two apples
Knife

Key Vocabulary

Conclusion/ Plenary

Hand out passports and stickers, ask the children to put a sticker on **Empathy 3** in their passport.

Next Steps Empathy Activity 4: **Box of Kindness**



Overview of Value: Empathy

Learning to be empathetic enables children to have a greater understanding and acceptance of their own feelings and the feelings of others. It allows us to recognise that our feelings are our own and that others may feel differently. We learn not to compare our feelings and actions with others. In times of pain, sadness, and loss we need to be empathetic and not compare our experiences, actions, and emotions with those of others. We need to be a 'heart with ears.'

The key skills that the children will learn from the activities and circle time are:

- A greater understanding of what empathy is
- How to reflect on past experiences in new ways
- Value their own experiences
- Understanding others and accepting their differences
- Understanding that each individual's experiences are subjective
- Developing social skills
- Be able to use empathy to change behaviour and build better relationships
- Understanding emotional cues
- Increases confidence in making choices

The Passport

There are six activities for every value – each activity completed earns a sticker for their passport. Once the six activities have been completed, there is a concluding circle time about the value when children will be given a sticker to wear home.

Why "Open Ears"?

Open Ears is an acronym we use to describe how to have a conversation with someone who is grieving:

- O**pen with how you're feeling
- P**atiently wait for their response
- E**stablish a tone of trust and safety
- N**ote that grief is emotional, not intellectual

- E**ach reaction is normal and natural
- A**void phrases that discourage painful feelings
- R**emember, listen with your heart, not your head
- S**ummarise by acknowledging their feelings

Where this activity fits into the programme

This activity provides children with a way of thinking about their feelings and start to gain an understanding of how others feel.

Why this activity?

This activity helps children to identify how hurting the feelings of others might feel, and how they might feel if someone hurts their feelings.

Tips for this Activity

Before starting this activity, you can refer to the Empathy Assembly and ask the children to put their Empathy Glasses on again.

After they've completed the activity, ask them about what they've done using feeling words to encourage them, such as:

"How do you feel you could make those hurts better?"

"How do you feel you would help others if their feelings have been hurt?"

