What is empathy?

What is the difference between Empathy and Sympathy?
What is empathy?

The definition of empathy is - the understanding of another’s feelings. By the end of this session you will know the difference between empathy and sympathy.
What are some abilities you have?
Everyone has similarities

Who lives in Houston County?
What school do you attend?
I want to help you **UNDERSTAND** the struggles of some of your classmates that may be different and don’t share the same ABILITIES.
Who was one of the smartest men in the world?
You guessed it!

Albert Einstein
Did you know he never learned to tie his shoes?
He didn’t say his first word until he was 3 years old.
Math came easy to him. He worked algebra in the 3rd grade.
He had no interest in playing sports. He would give the same response, “I’m not interested in your game of football!”
He didn’t have many friends.
• He would spend hours staring at clouds and hypothesizing about space and the atmosphere.

• He was fascinated with the colonies of ants and would watch them for hours to learn about their behavior.
• He was very gifted in music and made correlations between math and music.

• At 8 years old he used a compass he was given to begin questioning and thinking about the theory of relativity. This was the start of his very complex thinking.
• He was kicked out of school because of his behavior and his defiance to rules.
See....
Even Einstein had strengths and weaknesses.
How many of you have tried something new?

Would you rather someone be ENCOURAGING or DISCOURAGING?

Would you rather hear, ‘Good job’, or ‘That was awful’?
We have to understand that we all have different abilities and there are students in your school who have differences that make getting through the day difficult. We are going to talk about some of the differences/challenges some students face. There are several programs that help students with these differences.
Fine Motor Activities:
Tactile or Sensory Sensitivity/Defensiveness:
Visual Perception:
Do things appear close up, or far off?
Personal space can become a problem.
The 5 senses are:

- Hear
- See
- Touch
- Taste
- Smell

But what about emotions?
Some people do not have the ability to recognize and react to emotions. Understanding and perceiving the emotions is call the 6th Sense.
There are students at your school that have some of all of the difficulties we have discussed. Now imagine if you had all these issues. Now you can see the challenges some students face every day. What can you do as a student to help students that may have some or all of the difficulties we have discussed?

1. Be patient
2. Understand when they get extra help or time
3. Offer help
4. Include them in what you are doing
5. Participate in a Friendship/Lunch Bunch group
Now that you have experienced what is feels like to not have the ability to do what the others are able to do, you will empathize with those students when you see them struggle.