**COUNSELOR LESSON PLAN**

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| **Topic: Empathy & Reaching Out/ Connecting**  **Duration: 45 minutes**  **Grade Level**: 8th | | | |
| **ASCA COUNSELING STANDARDS** | | | |
| **Personal Social: PS;A2.6 use effective communication skills**  **PS:B1.4 develop effective coping skills for dealing with problems** | | | |
| **OBJECTIVES/ESSENTIAL QUESTION** | | **TERMINOLOGY** | |
| **Students will understand and apply the**  **Concept of empathy. Students will realize**  **How empathy and making connections**  **With others promotes resiliency.**  **How empathetic am I** | | **Resiliency**  **Empathy** | |
| **INTRODUCTION TO LESSON** | | | |
| **This lesson reviews the characteristics of a resilient person and focuses on empathy and connecting with others. The Prezi is a guide for delivering the content.** | | | |
| **CONTENT KNOWLEDGE | INSTRUCTIONAL DESIGN** | | | |
| **TEACHER ACTIONS** | | **STUDENT ACTIONS** | |
| Ask students to describe what being resilient means. Why is it important to be resilient? | | Encourage student response | |
| Next, review the characteristics of a resilient person and how each helps them face adversity | | Student answers such as go through, around or over. | |
| Introduce empathy by showing muppet video. Ask students to describe what empathy looks like. | | Responses could include active listening, asking questions, not laughing… | |
| Ask students to think of a time when a person they cared about hurt their feelings and if they wished for someone who understood their feelings | | Have students volunteer examples. | |
| Are you empathetic? Read the questions and ask students to rate themselves (next slide) | | Students should consider how they could be more empathetic. | |
| |  | | --- | | What does it mean to put yourself in someone  Else’s shoes?  Explain that you will be giving each small  Group (5 to 6 students each) a shoebox. Inside each  The lid of the box is a scenario. | |  | |  | | | Students respond to question.  Students will read the dilemma and discuss  How the character might be feeling; how they would feel in that circumstance. What  Would be helpful for the individual facing the problem? Have the groups share their thoughts. | |
| Ask students to consider how important other people are when you face obstacles or problems. Do resilient people need to connect with others? Who do we go to for support?  Finish the Prezi presentation with Connectivity and 2:19 minute YouTube video. | | Students describe how they use family and community supports. | |
| **CLOSURE|CHECK FOR UNDERSTANDING** | | | |
| Have the students complete the bottom of the Empathy worksheet. They should identify at least one way in which they could be more empathetic. Optional is adding an illustration depicting empathy and reaching out to others. | | | |
| **AVID WICOR STRATEGIES UTILIZED** | | | |
| Collaboration  Inquiry  Writing | | | |
| **RESOURCES** | | | |
| Prezi link:  http://prezi.com/5a8\_fxt2ejez/?utm\_campaign=share&utm\_medium=copy&rc=ex0share  “Are you Empathetic” worksheet  Scenarios | | | |
| **DIFFERENTIATED INSTRUCTION** | | |
| Collaborative groups | | |
| **SUPPLEMENTAL LESSON AND RESOURCES** | | |
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