

ENGELSK

Everyday life

FRIENDSHIP AND EMPATHY



Welcome to School To Go and today's lesson!

This is an English lesson on Everyday life in three episodes, with three themes: Friendship and Empathy, Bullying and standing up for others, and finally Responsibility and personal growth. There are both listening texts and exercises in the episodes.

Introduction

Today, we're going to talk about something very special and important in our everyday lives: friendship and empathy. Friendship is like a treasure; it's all about having someone to share your joys, secrets, and sometimes even your snacks with!

Empathy is when we try to understand how others feel and see things from their perspective. It's like putting on someone else's shoes to walk a mile and really get how they feel.

Imagine you're playing in the park, and you see a friend fall down and look sad. What would you do? You might go over, help them up, and ask if they're okay. That's empathy! And when they smile and say "thank you," that's friendship shining right there.

In our lessons, we're going to explore why having friends is so wonderful and how being empathetic makes our friendships even stronger. We'll learn how to be a great friend and how to understand and care for others, even when they're having a tough day.

So, are you ready to dive into the world of friendship and empathy? Let's go on this adventure together and discover how we can make our world a kinder, more understanding place, one friend at a time. Welcome aboard!

Learning objectives and goals:

- I should be able to list the qualities of a good friend.
- I should be able to explain why empathy is important in friendships.
- I should be able to identify actions that show empathy towards others.
- I should be able to write a short story that demonstrates empathy and friendship in a challenging situation.

What actions can we take to show empathy towards our friends when they are feeling sad or upset?

When one of our friends is feeling sad or upset, it's important to show them that we care and that we're there for them. Here are some actions we can take to show empathy:

Listen to Them: The first thing you can do is simply listen to your friend. Let them talk about what's making them sad or upset. Sometimes, people feel better just by sharing their feelings with someone else. When you listen, make sure to look at them, nod your head to show you understand, and don't interrupt them while they are talking.

Ask How You Can Help: After listening, you can ask your friend if there's anything specific they need help with. Sometimes, they might want advice or help with solving

a problem. Other times, they might just want someone to be there with them. By asking, you show that you're willing to support them in the way they need most.

Give Them Comfort: Sometimes, a simple hug can make a big difference to someone who's feeling down. If you think your friend would be okay with it, you could offer a hug. If not, even a gentle pat on the back or just sitting close to them can be comforting.

Use Kind Words: Kind words can be very powerful. Telling your friend that you're there for them, that you care, and that things will get better can help them feel less alone. You can say things like, "I'm here for you," "You're not alone in this," or "I care about you."

Spend Time with Them: Sometimes, the best way to show empathy is just by being there and spending time with your friend. You could suggest doing something they enjoy, like playing a game, going for a walk, or watching their favorite movie. Doing something fun can help take their mind off their troubles for a little while.

Check In on Them: After some time has passed, make sure to check in on your friend. Ask them how they're feeling now and if there's anything else you can do to help. This shows that you haven't forgotten about them and that you still care about how they're doing.

Remember, showing empathy means trying to understand how someone else is feeling and showing them you care. By taking these actions, you can be a good friend and help make a tough time a little easier for someone you care about.

How can we recognize when a friend needs our support, even if they don't ask for it directly?

Sometimes, our friends might be feeling sad, worried, or upset but they might not say it out loud. They might think they have to deal with it all by themselves, or they might be afraid to ask for help. But there are ways we can tell that a friend might need our support, even if they don't tell us directly. Here's how we can notice:

Changes in How They Act: Pay attention to how your friend usually acts and see if anything changes. For example, if they're usually very talkative and suddenly become very quiet, or if they always liked to play at recess but now they sit alone. These changes can be a sign that something is bothering them.

They Seem Less Happy: If your friend usually smiles a lot and seems happy but has been looking sad or down lately, it might mean they're going through a tough time.

They Get Upset More Easily: Sometimes, when someone is feeling upset inside, small things can make them even more upset or angry. If your friend seems to get annoyed or upset more easily than usual, it might be because they're feeling stressed or sad about something else.

They Don't Want to Do Things They Used to Like: If your friend suddenly doesn't want to play their favorite games, participate in activities they used to love, or even eat their favorite snacks, it could be a sign they're not feeling like themselves.

They Talk About Being Tired or Not Feeling Well: Sometimes, when people are sad or worried, they might say they're tired a lot or not feeling well, even if they're not sick in the usual way.

They Start Avoiding People: If your friend starts to spend a lot of time alone, avoiding friends or not wanting to hang out after school like they used to, it might mean they're dealing with something difficult.

If you notice any of these signs, it's a good idea to show your friend that you care and are there to support them. You can start by simply asking them how they're doing or if anything is wrong. Remember, you don't have to fix their problems. Sometimes, just listening and being there for them can make a big difference. Let them know you're a friend who cares and will support them, no matter what.

Why is it important to listen carefully and show understanding when our friends share their feelings with us?

When a friend decides to share their feelings with us, it's like they are giving us a very special gift. They are trusting us with something very important to them: how they feel inside. So, when we listen carefully and show that we understand what they're saying, it does a few very special things:

Makes Them Feel Valued: Imagine you have a story you're excited to tell, and someone listens to every word you say, looking at you and nodding. You would feel pretty important, right? That's how your friend feels when you listen to them carefully. It shows them that you think what they have to say is valuable and worth your time.

Helps Them Feel Less Alone: Sometimes, when we're feeling sad, worried, or upset, we can feel like we're all alone with our problems. But when a friend listens and shows they understand, it's like a reminder that we're not alone. There's someone else who knows how we feel and cares about us.

Can Make Them Feel Better: Talking about feelings can be like letting air out of a too-full balloon. If we keep all our feelings inside, the 'balloon' gets bigger and bigger until it's too much to handle. Sharing feelings lets some of that air out, so we don't

feel so overwhelmed. When we listen to our friends, we help them let out their feelings safely.

Builds Trust: Trust is like a bridge between friends. The stronger it is, the more we can share and support each other. Listening and understanding when a friend shares their feelings makes that bridge stronger. It tells them they can trust you with their secrets and worries in the future, too.

Helps Us Learn: By listening to our friends, we can learn a lot about them and about the world. We learn how different people feel and react to things, which can make us more understanding and kind people.

Shows We Care: There's a saying, "Actions speak louder than words." By taking the time to listen and show we understand, we're doing something that shows we really care. It's a way of saying, "I'm here for you," without even needing those exact words.

So, next time a friend wants to share their feelings, remember how much it means to listen carefully and show you understand. It's one of the kindest, most helpful things you can do for them.

How can disagreements or misunderstandings in friendships be resolved in a way that respects everyone's feelings?

When friends have disagreements or misunderstandings, it can make both people feel upset or confused. But these situations can be resolved in a way that makes the friendship even stronger and shows respect for everyone's feelings. Here's how you can do it:

Take a Moment to Calm Down: If you're feeling really upset or angry, it's a good idea to take some time to cool down first. When we're angry, we might say things we don't mean. You could take deep breaths, count to ten, or even walk away for a few minutes until you feel calmer.

Talk About It: Find a good time when you and your friend can talk without being interrupted. It's important to tell your friend how you feel, but also to listen to how they feel. Use "I" statements like "I feel sad when..." instead of "You make me feel..." because it helps avoid blaming each other and focuses on how the situation made you feel.

Listen Carefully: When your friend is talking, try to really listen to what they are saying. Look at them, nod to show you're listening, and don't interrupt. Try to understand their point of view, even if you don't agree with it. Listening shows that you respect their feelings.

Apologize if You Need to: If you realize that something you did or said hurt your friend's feelings, it's important to say you're sorry. A sincere apology can go a long

way in fixing misunderstandings. Remember, saying sorry doesn't mean you're weak; it means you care about your friend's feelings.

Find a Solution Together: Talk about ways to solve the disagreement. Maybe there's a compromise where both of you can be a little bit happy. Or perhaps you just need to understand each other better. Finding a solution together shows that you both value the friendship and want to make things right.

Forgive and Move Forward: Once you've talked it out and found a solution, try to forgive each other. Holding onto anger or hurt feelings can damage a friendship. Remember, everyone makes mistakes, and forgiving helps you move past them.

Learn from the Experience: Every disagreement or misunderstanding is a chance to learn more about each other and how to be better friends. Talk about what you can do differently next time to avoid similar problems. This helps your friendship grow stronger.

Disagreements and misunderstandings happen in all friendships, but they don't have to end them. By handling these situations with care, respect, and understanding, you can solve problems together and keep your friendship healthy and strong.

Let us hear a story

Once upon a time, in a colorful classroom filled with eager learners, there was a young student named Alex. Alex was new to the school and felt like a small boat adrift in a vast ocean, unsure of how to make friends or fit in.

On Alex's first day, the classroom buzzed with the chatter of old friends reuniting after a long summer. Alex sat quietly at a desk in the corner, watching the laughter and conversations swirl around like a merry dance they hadn't been taught the steps to.

During recess, Alex ventured out to the playground, a book clutched tightly as a shield against loneliness. That's when Jamie, a classmate with a bright smile and an infectious laugh, noticed Alex sitting alone. Jamie, who had been at the school since kindergarten, knew almost everyone, but also knew how it felt to be left out.

With a gentle approach, Jamie sat down next to Alex. "That's a great book," Jamie said, pointing to the cover. "I've read it twice!" Surprised and a bit relieved, Alex looked up and smiled. The two started talking about their favorite parts of the book, and soon they were laughing together, sharing stories about superheroes and wild adventures.

As days turned into weeks, Alex and Jamie became inseparable. But it wasn't just the fun times that cemented their friendship. Jamie showed Alex what empathy meant by always being there to listen, whether Alex was feeling homesick or just needed to

talk about a rough day. Jamie shared stories of their own struggles with fitting in and how they overcame them, making Alex feel understood and less alone.

One day, a new student named Sam joined the class, and Alex saw the familiar look of nervousness in Sam's eyes. Remembering how Jamie had reached out, Alex knew it was time to pass on the kindness. With Jamie by their side, Alex approached Sam with a warm smile and an invitation to join them for lunch.

Together, the trio laughed, shared stories, and forged a bond of friendship rooted in understanding and empathy. Alex, who had once felt adrift in a vast ocean, now felt anchored in the warm embrace of friendship. And through their actions, Alex and Jamie taught their classmates an invaluable lesson: that empathy and kindness are the keys to unlocking the magic of friendship, making their classroom a place where everyone felt welcome and included.

And so, the colorful classroom became more than just a place of learning; it was a community where every student knew they had a friend to turn to, a safe harbor in the bustling sea of school life. Through empathy and friendship, they learned that together, they could weather any storm and turn every day into an adventure.

Let us hear 5 to 10 new words about the topic to expand vocabulary.

- Empathy: Understanding and sharing the feelings of another person.
- Inseparable: Unable to be separated or kept apart; always together.
- Compassion: A strong feeling of sympathy and sadness for the suffering or bad luck of others and a wish to help them.
- Solidarity: Unity or agreement of feeling or action, especially among individuals with a common interest; mutual support within a group.
- Inclusive: Including everyone; not leaving anyone out.
- Bond: A close connection joining two or more people.
- Resilience: The ability to recover quickly from difficulties; toughness.
- Harmony: Living in peace and friendship; agreement or concord.
- Understanding: The ability to understand something; comprehension.
- Kindness: The quality of being friendly, generous, and considerate.

Now it's time to do a few tasks and think about what we just learned.

Tasks:

1. **Reading Task:** Read a short story about two friends who solve a problem together. List the qualities that make them good friends.
2. **Writing Task:** Write a diary entry from the perspective of a character who showed empathy. Describe how they felt and why they decided to help their friend.
3. **Listening Task:** Listen to a story or watch a short video about friendship. Discuss with a partner how the characters showed empathy and understanding.
4. **Speaking Task:** In pairs, role-play a scenario where one friend helps another friend feel better after a bad day. Practice showing empathy and understanding in your conversation.

Once you have answered the tasks, this episode ends.

Here start the ideas for the teachers:

Ideas for the teacher

- **Introduction to Empathy:** Begin the session with a simple explanation of empathy and why it's important in friendships. Use real-life examples that are relatable to fourth graders.
- **Empathy Circle:** Organize an empathy circle where students share a time they felt understood by someone else. This activity fosters a sense of community and helps students recognize the value of empathy.
- **Conflict Resolution Role-Play:** Set up scenarios that involve common conflicts among friends and have students role-play different ways to resolve them, emphasizing empathetic communication and problem-solving.
- **Empathy in Literature:** Choose books or stories with strong themes of friendship and empathy for classroom reading. Discuss the characters' actions and decisions, focusing on moments of empathy and their impact.
- **Creative Writing Project:** Assign students to write a short story or comic strip that showcases a situation where empathy leads to a positive outcome in a friendship. Encourage creativity and personal expression.
- **Gratitude Letters:** Encourage students to write a letter to someone they are thankful for, highlighting an instance where that person showed them empathy or kindness. This activity helps students practice gratitude and recognize empathy in their own lives.