



EMPATHY

Lesson Plan

Theme: Non-Violent Communication and Empathy

Discipline	Counseling and Personal Development / Leadership Hour
Class	_____ (adaptable for grades V-XII)
term	50 minutes
Professor	_____
Date	_____
No. of students	_____

objection

At the end of the lesson, students will be able to:

- Define empathy and non-violent communication
- Identify your own and others' emotions in conflict situations
- Apply assertive communication techniques to resolve conflicts
- Demonstrate respect and inclusion in interactions with colleagues

Resources needed

- Access to the Empathy360 platform •
- Projector / interactive whiteboard
- Worksheets
- Colored post-its
- Markers

Lesson development

Stage	Activity	term	Methods/Resources
Challenge	The teacher asks an opening question: "How did you feel when someone didn't listen to you?" Students write on post-its and stick them on the board.	10 minutes	Post-its, discussion
Making sense	Presentation of a scenario from the Empathy360 platform. Students analyze the situation in pairs: What emotions arise? What could the character do?	20 minutes	Empathy360, worksheets
Reflection	Groups of 4-5 students present non-violent solutions. The class discusses which ones are most effective.	15 minutes	Role play, debate
Extension	Completing the emotional reflection diary. Theme: notice 3 situations in which you can apply empathy at home.	5 minutes	Diary sheet

ASSESSMENT

The evaluation is carried out through:

- Direct observation of participation in activities
- Completing the reflection journal sheet
- Presenting solutions in a group