



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade 10 – Social Emotional Health

#### Unit: 4

##### **SOLs:**

- 10.2.Q** Explain the importance of emotional health, and identify when and where to seek support for self and others.
- 10.2.f** Analyze the influence of emotions and peer approval on personal decision making.

#### **Title: Walk a Mile in Their Shoes**

#### **Objectives/ Goals:**

- The student will understand:
  - the stigma surrounding mental health problems, and the impact of stigma and discrimination have on help-seeking behavior.
  - be aware of the myths and the realities of mental illness.
  - consider attitudes about mental illness and exhibit a realistic and positive understanding of mental illness.

#### **Materials:**

- [Walk a mile in their shoes presentation](#)
- [Walk a mile in their shoes Assignment](#)

## Procedure:

Step 1	<ul style="list-style-type: none"><li>● Slides 2-10 discuss the difference between empathy and sympathy.</li><li>● Describe that sympathy drives away and empathy drives toward the person</li><li>● Show the Brene Brown <a href="#">video</a> on Empathy vs sympathy.<ul style="list-style-type: none"><li>○ <a href="https://www.youtube.com/watch?v=1Evwgu369Jw">https://www.youtube.com/watch?v=1Evwgu369Jw</a></li><li>○ Have a discussion about the video</li></ul></li></ul>
Step 2	<ul style="list-style-type: none"><li>● Have students fill out the empathy shoe organizer in their <a href="#">packet</a>.</li></ul>
Step 3	<ul style="list-style-type: none"><li>● Have students choose 1 of the shoes of their choosing</li></ul>
Step 4	<ul style="list-style-type: none"><li>● 10 Facts on the shoe (they do not have to be from your worksheet)<ul style="list-style-type: none"><li>○ Can be in pictures or words</li><li>○ Back of shoe -you must write what it is like to walk in your shoes in a paragraph form.</li></ul></li></ul>
Step 5	<ul style="list-style-type: none"><li>● Discuss the following.<ul style="list-style-type: none"><li>○ When we put ourselves in another person's shoes, we are often more sensitive to what that person is experiencing and are less likely to tease or bully them.</li><li>○ By explicitly teaching students to be more conscious of other people's feelings, we can create a more accepting and respectful school community.</li></ul></li></ul>

## References

- Melanie Lynch, M.Ed. North Allegheny School District

**Empathy: the ability to understand and share the feelings of another person's shoes**

I thought it would be fun to get know you by writing down 10 items that your peers and I would never know about you. The best part about this activity is that not only do we get to know you, but we also get to know about your life and what makes it tick.

\*The goal is not to write down the obvious like, "I like football", but more unique things about your life.

10 Things You Would Never Know About Me, Unless You Walked in My Shoes

1-10

On the back of your shoe, you are going to write a paragraph (A PARAGRAPH!!!) about yourself.

# Empathy Shoe Organizer

Please include all of the following onto this worksheet and the shoe of your choice. Please use color to differentiate the different information.

Your Name	
An event that brought you <u>happiness</u>	
An event that brought you <u>sadness</u>	
An event that made you feel <u>proud</u>	
An event that made you feel <u>fear</u>	
An event that made you feel <u>surprised</u>	
An event that made you feel <u>sympathy</u> for someone	
An event that made you feel <u>empathy</u> for someone	
An event that made you feel <u>excited</u>	
An event that made you feel <u>anxious</u>	
An event that made you feel <u>Jealous</u>	

With your group, discuss how you plan to become more empathic to those around you. Be specific. How can your experiences help you with this new path?







