

# Overview of Classroom Visits

The Roots of Empathy curriculum has received highest honours and is specialized to the learning outcomes of four different age ranges: Kindergarten, Primary, Junior, and Senior. There is a lesson plan for every Visit; in total there are 27 Roots of Empathy Visits during the school year. Nine Themes are covered and each theme is addressed over three Visits (Pre Family Visit, Family Visit and Post Family Visit).

## The Roots of Empathy Themes:

- |                        |                  |                            |
|------------------------|------------------|----------------------------|
| 1) Meeting the Baby    | 4) Relationships | 7) Communicating           |
| 2) Crying              | 5) Sleep         | 8) Who Am I?               |
| 3) Caring and Planning | 6) Safety        | 9) Goodbye and Good Wishes |

*"Roots of Empathy is recommended as a valid program for use with students in Kindergarten to Grade 8 to promote understanding of human development, diversity, and the uniqueness of individuals."*

~ Curriculum Services Canada

## About the Visits (27 total):

### 1) The Pre Family Visit (9 total)

- Roots of Empathy Instructor without family
- Each is 40 minutes in length (less for kindergarten)
- Focus on infant development and preparation for Family Visit
- Students predict what changes they may see in the Baby's development at the Family Visit

*"Roots of Empathy fosters the development of critical thinking skills, the art of questioning, and the practice of reflection."*

~ Mary Gordon

### 2) The Family Visit (9 total)

- Roots of Empathy Instructor, parent(s) and Baby
- About 30 minutes in length
- Roots of Empathy Instructor guides students' observations of the Baby's feelings
- Roots of Empathy Instructor demonstrates Baby's development and discusses temperament through interaction with the Baby (exercises, songs, toys, etc.)
- Students ask parent(s) questions about the Baby

*"Roots of Empathy is the only program that I know of that teaches kindergarten kids neuroscience and human development."*

~ Roots of Empathy Principal

### 3) The Post Family Visit (9 total)

- Roots of Empathy Instructor without family
- Each is 40 minutes in length (less for kindergarten)
- Students reflect on their own feelings and focus on understanding the feelings of others (empathy)

*"One little girl doesn't fit in with the other girls in the class. During a discussion on emotions, she told us that her 'heart broke' when they wouldn't let her play in the doll centre. Another little girl put up her hand and asked if she could go hug the little girl—we had just been talking about how we can make people feel better when they are sad."*

~ Roots of Empathy Instructor in Kindergarten Class about the Post Family Visit of Theme 4: Emotions

For more information about Roots of Empathy, program locations, and statistics visit:  
[www.rootsofempathy.org](http://www.rootsofempathy.org)