



Roots of Empathy  
Racines de l'Empathie

## Welcome to your Roots of Empathy Instructor Training

Trainer:

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## Ice Breaker

- The type of work they do
- Something interesting about themselves
- Why did they want to become a Roots of Empathy Instructor?

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## Roots of Empathy Instructor Training

### What is Empathy?

Empathy is the ability to understand how another person feels and to be able to feel with them.

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## Why a Baby?

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## Historical Timeline

Year	Event
1996	ROOTS OF EMPATHY PROGRAM WAS CREATED
2000	THE ROOTS OF EMPATHY ORGANIZATION WAS INCORPORATED
2005	SEEDS OF EMPATHY WAS CREATED
2005	EMPATHY ENTERPRISE WAS CREATED
2005	ROOTS OF EMPATHY, CHANGING THE WORLD, CHILD BY CHILD WAS PUBLISHED
2016	NURTURING EMPATHY IN CHILDREN WAS CREATED
2018	ONLINE LEARNING COURSE DEVELOPED FOR TEACHERS WELLBEING AND PROFESSIONAL DEVELOPMENT
2020	ROOTS OF EMPATHY RECOVERY PROGRAM WAS CREATED
2020	SEEDS OF EMPATHY ADAPTED PROGRAM
2021	ROOTS OF EMPATHY HYBRID INSTRUCTOR TRAINING
2022	NEW ROOTS OF EMPATHY INSTRUCTOR TRAINING CREATED

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## Mission Statement

Roots of Empathy's mission is to build caring, peaceful and civil societies through the development of empathy in children and adults.

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## Goals

1. To foster the development of empathy and emotional literacy.
2. To promote children's prosocial behaviours and reduce levels of bullying and aggression.
3. To prepare students for responsive parenting.
4. To prepare students for responsible citizenship.
5. To promote students' mental health, wellbeing, and resilience.

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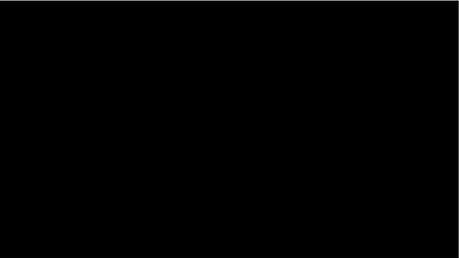
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## Love Grows Brains



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## Classroom Visit Overview

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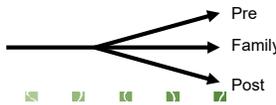
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**Overview - 9 Themes**

- Meeting Baby
- Crying
- Caring and Planning
- Emotions
- Sleep
- Safety
- Communication
- Who Am I?
- Good-Bye and Good Wishes

Pre  
Family  
Post

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**Pre-Family Visit**



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**Family Visit**



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## Post Family Visit



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## The Importance of Tradition and Routine



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## Tiny Teacher T-Shirt

  
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**Mary Gordon**  
Founder/President

Roots of Empathy Philosophy & Best Practice  
Why is the baby's Teacher T-Shirt important?

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Authentic Communication, Experiential Questioning, Empathic Listening, Risk Free Learning, Intrinsic Motivation



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Pre Family Visit

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**THEME 1 – Meeting the Baby**  
*Primary: Pre Family Visit*

**Aims**

1. To introduce the program and motivate students' interest in the family.
2. To develop a rapport with the students and the classroom teacher.
3. To set up and explain the parameters of having a baby in the classroom.
4. To help students learn about the continuum of growth that a baby goes through, and that every baby grows at their own pace.
5. To help students understand that a baby learns through their senses such as touching.
6. To help students become aware that babies have feelings, and that they can express these feelings with their bodies.
7. To help students learn about perspective taking.
8. To establish an atmosphere of respect and caring in the classroom.

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**Pre Family Visit  
Primary**

1. Why is it important for the Instructor to follow the aims and activities exactly as outlined in the curriculum?
2. The Roots of Empathy Instructor uses experiential questioning to create a risk free learning environment in the classroom. Why is this an important part of the Roots of Empathy program?

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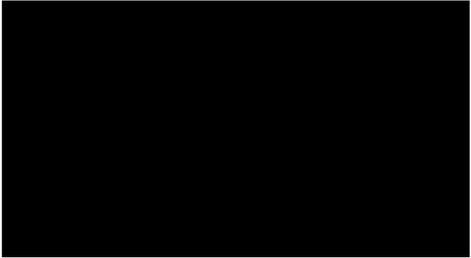
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**Primary Curriculum Theme 1: Meeting Baby  
Pre Family Visit**



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**Pre Family Visit  
Primary**

1. Why is it important for the Instructor to follow the aims and activities exactly as outlined in the curriculum?
2. The Roots of Empathy Instructor uses experiential questioning to create a risk free learning environment in the classroom. Why is this an important part of the Roots of Empathy program?

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## THEME 1 – Meeting the Baby Junior: *Pre Family Visit*

**Aims**

1. To introduce the program and motivate students' interest in the Baby.
2. To develop a rapport with the students and the classroom teacher and establish an atmosphere of respect and caring.
3. To set up and explain the parameters of having a Baby in the classroom.
4. To introduce information about the development of a baby's brain; to explain how brain development takes place through sensory input.
5. To help students understand that babies learn through their senses.
6. To help students understand the concept of temperament.
7. To help students understand that by observing the Baby's temperament they will learn about their own temperament and the temperament of others.

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## Pre Family Visit Junior

1. What is the importance of establishing expectations and a culture of respect for all participants in the Roots of Empathy program?
2. What is the importance of encouraging participatory democracy and consensus building with older students participating in the Roots of Empathy program?

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## Junior Curriculum, Theme 1: Meeting Baby Pre Family Visit

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## Pre Family Visit Junior

1. What is the importance of establishing expectations and a culture of respect for all participants in the Roots of Empathy program?
  
2. What is the importance of encouraging participatory democracy and consensus building with older students participating in the Roots of Empathy program?

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## Temperament

Temperament is a person's innate predisposition to respond to the world in a particular way.

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## Why Temperament?

- Understand the unique temperament traits of the baby.
- Understand their own temperament traits as they relate to the baby.
- Bridge to understand the temperament traits of classmates.
- Respond empathically.

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## Temperament

High End ←————→ Low End

Anywhere along the continuum

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## Temperament Traits

- Rhythmicity
- Mood
- Adaptability
- Distractibility
- Intensity
- Sensitivity
- Persistence
- Activity Level
- First Reaction

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## Meeting the Family



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# Reflection

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# Reflection

**What is Roots of Empathy's definition of empathy? What are the two aspects of empathy and why are both required? Why is empathy important?**

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# Reflection

**Today, you were introduced to Roots of Empathy's approach to Risk Free Learning. Upon reflection, how does ROE's unique approach affect children's participation and engagement in the Program and why?**

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## Reflection

**Please give a description of the Roots of Empathy program.**

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## Reflection

**Why do you think we introduce the topic of temperament in the Roots of Empathy program?**

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