

Impact

The impact of the Roots of Empathy program has been demonstrated through numerous university-based research studies that were conducted across three continents. This research has found that children in the Roots of Empathy program experience:

- An increase in prosocial behaviours (E.g., sharing, helping, and including)
- An increase in empathy
- A decrease in violent and aggressive behaviours, including bullying (Connolly et al, 2018; Latsch and Bollinger, 2017; Santos et al, 2011; Schonert-Reichl, Zaidman-Zait and Hertzman, 2012)



Roots of Empathy
Racines de l'empathie

Emotional Literacy - Affective Empathy

Emotional literacy develops as children begin to identify and label the baby's feelings, reflect on and understand their own feelings, then bridge to understand the feelings of others. As they develop emotional literacy throughout the program, they are able to discuss their own feelings, relate to the feelings of their classmates, solve conflicts more readily, and gain a deeper understanding of self and have more satisfying friendships.

Perspective-taking - Cognitive Empathy

Roots of Empathy encourages students to take the perspective of the baby, to be able to understand how the baby might be feeling, and what the baby's intentions are.

Theory of Change



Attachment and Infant Development

Children in the Roots of Empathy classroom observe the secure attachment relationship between a baby and parent(s) who visit their classroom throughout the school year, along with a trained Roots of Empathy Instructor. Children witness the vulnerability of the baby and the power of the love between the parent and baby, along with the baby's developmental milestones and temperament traits. The baby is treasured and is a 'Tiny Teacher'.

Experiential Learning

There is deep learning around the Green Blanket as children engage both cognitively and emotionally through guided observations and experiential questions. The children learn to label the baby's feelings and intentions.