

Lesson Plan



Grade 5 Term 1

These Lesson Plans are CAPS-aligned
with learning opportunities presented in: **Life Skills**
Beginning Knowledge and Personal and Social Well-being

TOPIC: Development of the Self: Emotions

- Coping with emotions: empathy, compassion, anger, disappointment and sadness
- Skills to manage emotions in a positive way
- Significance of friends in times of sadness, tragedy and change
- Reading about friendships that are caring and supportive: recall and relate

NOTE TO TEACHER: Refer to readers:

Magnificent Boy and the Spirit of the Grey Hare and *The Great Cage Escape* [HERE](#)

EMPATHY

Social scientists believe that the ***emotion of empathy*** is crucial to human survival and that a ***loss of empathy*** is at the root of ***conflict*** and ***violence***.



How then do we ensure that the emotion of empathy is part of who we are?

What exactly is

EMPATHY ?

Empathy is a **deep sense of *togetherness*** in which we:

- ***feel*** the emotion of another
- ***share*** and ***understand*** the emotion of another
- ***stand together*** with the other without having to give anything more than our understanding and togetherness



EMPATHY

is sometimes confused with...

SYMPATHY

But *Sympathy* is a more distant emotion. One can feel sympathy for another without actually sharing the other's emotion.

and with

COMPASSION

Compassion, on the other hand, is empathy with action.

Here's the difference between them:

EMPATHY

I feel your sadness

SYMPATHY

*I'm sorry for your sadness,
I wish I could help*

COMPASSION

*I feel your sadness and
I want to help*

EMPATHY

gives rise to the golden rule:
Do as you would be done by

Look at this picture...



...and do the following activity

Which *emotions* are at play in *each individual*?

Explain your answers

- Woman with baby
-
- Man receiving blanket
-
- Man giving blanket
-
- Woman giving food
-

Now think of a recent ***incident in your life*** where you ***felt*** sad and alone and write a paragraph about how the ***response*** of another ***made you feel***.

If you felt their empathy, sympathy or compassion, you ***may have felt better***.

If not, then you probably did not feel better.



A series of horizontal dotted lines providing space for writing a paragraph.

Let's understand what causes our inborn sense of empathy to dim or erode.

MEANING OF ERODE

To gradually destroy
OR to be gradually destroyed

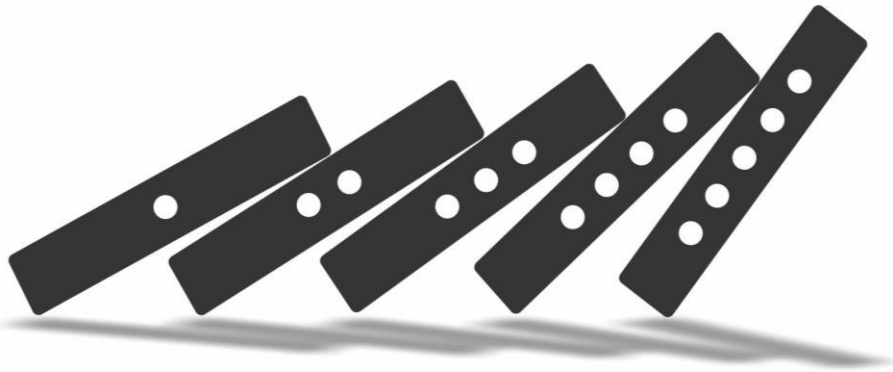


EMPATHY EROSION

It happens in three stages

- 1 When we are **repeatedly exposed to abuse and misery**, we become less likely to feel shock or distress the next time we see it. This is ***Desensitization***
- 2 Desensitization is followed by a **lack of interest, concern or sympathy**. This is ***Indifference***
- 3 The next step is when we become so **accustomed to misery and degradation** that we expect nothing better. This is ***Habituation***

Domino Effect of Empathy Erosion



- 1 **abuse and misery**
- 2 desensitization
- 3 indifference
- 4 habituation
- 5 loss of empathy



A simile for the loss of empathy is
“like the wind blowing away a sand castle on the beach”.



Illustrate your understanding of erosion.

Without empathy we don't try to understand the feelings of others.
We become **angry, disappointed, sad** and **depressed**.



We **blame others** and risk the breakdown of relationships.
We **say hurtful things** and **cause conflict**.

However...

when we have

EMPATHY

- we **don't judge** another
- we **do not blame** another
- we **do not have prejudice** hidden in our thoughts
- we **do not use derogatory language** to make the other feel inferior
- **instead...**



Instead...

we are able to put ourselves “*in the other's shoes*”,
feel their emotion and offer them *understanding*
and a sense of *support* and *togetherness*



Match the words with their meanings

*Inferior * Prejudice * Indifference * Erode * Habituation * Derogatory*

gradually destroy or to be gradually destroyed

having lesser value or no value

when we become accustomed to a situation
and don't expect anything better or different

words that make someone or something seem inferior

lack of interest, concern or sympathy

a judgment based on an ill-informed assumption

Look at this picture again...

Imagine how different it would look *if empathy and compassion were absent* and had been replaced by **prejudice, indifference and derogatory language.**



Do activity on next slide >>>

Write a paragraph about the various ways in which the **outcome would have been different** giving your reasons.

*Prejudice * Indifference * Derogatory Language*



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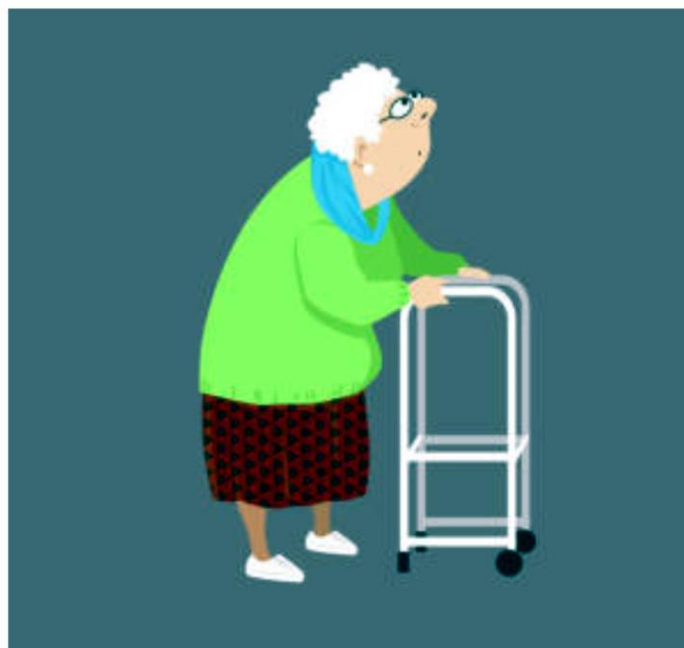
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Animals are often the first to exhibit a **loss of empathy** in a home or in a community.



Social scientists say that where there is **animal abuse, neglect** and **violence**, there is a risk that **child abuse, gender violence, domestic violence** and/or **elder abuse** is also taking place behind closed doors.



THE

ICEBERG

EFFECT OF ABUSE

Animal Abuse



A sense of empathy

...is not an emotion confined to human experience only.

*Scientists know now that
animals experience empathy too.*

Empathy in action

this true story reported on television channels around the world about *a dog that saved the life of a baby girl* in Argentina, South America.

A dog in Argentina saved the life of a baby girl who was abandoned at birth by her mother, aged 14.

The baby was born in an impoverished settlement outside Buenos Aires, the capital city of Argentina. The young mother panicked and abandoned the newborn on a vacant plot, hidden by wooden boxes and rubbish.



Fortunately, an eight-year-old dog, name La China, dragged the infant 50 metres to safety, placing her alongside her own puppies and even pulling a rag over her tiny body.

The dog's owner was alerted when he heard a baby crying and went to investigate. He immediately called the police and the baby girl was taken by social services to a place of safety.

Heroine of the story, La China, did not enjoy the media attention, said her owner, fearing for the safety of her own puppies amidst all the clamour.

See story here:

 [news.bbc.co.uk](https://www.bbc.com/news/health-2013-08-14) | Argentine dog saves abandoned baby



Illustrator: *Pandora Alberts*

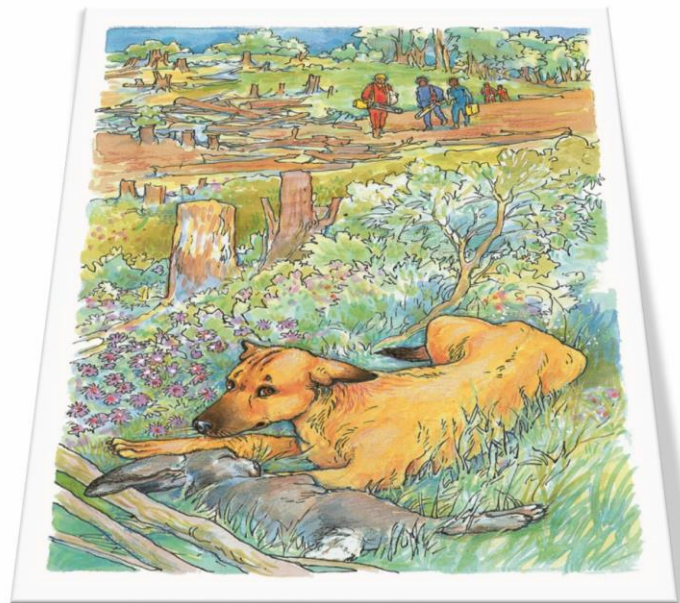
Read about friendships that are caring and supportive

When Feral Dog lost his way one day, he was hit by a car.

Even though he was injured and far away from all that was familiar to him, he was determined to reunite with his best friend.

This is the story of the day he found his way home.

See [HERE](#)



Extract from *Spirit of the Grey Hare* by Louise van der Merwe



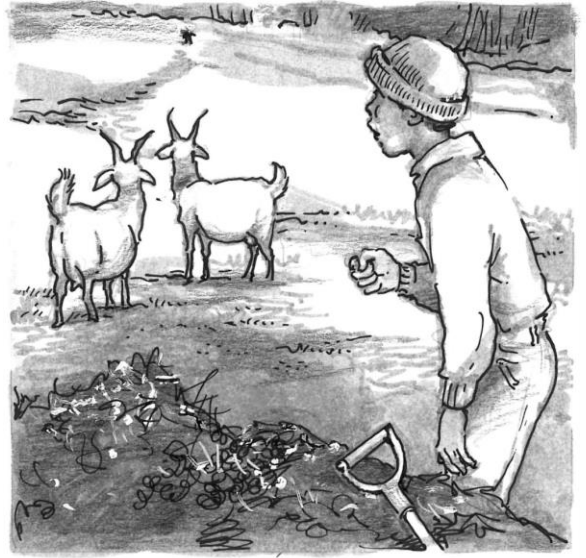
The morning star was alone in the sky. Roosters stood on their toes to crow. Birdsong filled the trees. Hadedas cried to each other overhead as they made their way to their feeding grounds for the new day. Danie was already hard at work. He'd swept out the goats' bedding and given them their morning rations. Now, pitchfork in hand, he deftly turned the compost heap. Then he stood back to watch the steam rise from the heap into the cool morning air.

For Oupa, 'digging for treasure' had meant helping him to lift potatoes out of the ground without damaging any one of them through carelessness.

In those days, when Ouma was still alive, Oupa had had a good sense of humour.

Only afterwards, did he become so moody and gruff.

Danie wished he could have done something to make his shrunken old Oupa's hands and feet warmer as he lay in his bed during those last few days. They remained icy cold even with Danie's own blanket on top. Now, as he turned the compost again, he knew that he would use all the little bits of knowledge that Oupa had given him over the years to make this beautiful smallholding into the talking-point of the town.



The goats bleated. Danie looked up. He understood those bleats. They were the bleats of greeting. Danie followed their stare. In the distance, over near the pines, he saw a disheveled dog, limping unsteadily towards him. Danie dropped the pitchfork.

Disbelieving his own eyes, he began to run. He ran faster. "Feral Dog?" he called. "Feral?... Feral?"

Feral Dog began to bay a heart-wrenching greeting of overwhelming emotion – a yodeling that tore through the crisp air. Danie ran. Feral Dog hobbled.

Then Danie reach him and dropped to his knees on the sandy soil, drawing the dog to his chest, burying his face in Feral's hair, holding him, caressing him, saying his name over and over.



Then, carefully, he lifted Feral Dog into his arms and carried him home.

Write a short story about a friendship that means a lot to you.

recall and relate



A series of horizontal blue dashed lines for writing.

