



Virtual Leadership Development

Weekly Leadership Lessons for 4th and 5th graders

Practice your social-emotional and leadership skills by completing the three items below this week!

1. Complete this week's lesson and activity focused on Social Awareness and Empathy!
2. Complete the Empathy Award Challenge!
3. Teach others in your home the games from the **GAME OF THE DAY CHALLENGE.**
 - This week the challenge includes:
 - I Spy
 - Blizzard
 - Annie I Over
 - 4 Corners
 - Did Ya Ever?



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Social Awareness

Definition: *Social Awareness is the ability to empathize with others and involves identifying and recognizing emotions in other people.*

Guided Questions:

Answer the following questions as you watch two short videos on social awareness.

[Social Awareness Video 1](#)

[Social Awareness Video 2](#)

Consider the scenario about Josh in [Video 1](#). *Josh is a new student and just arrived at your class. He is anxious and nervous about fitting into his new school.*

1. What do you think it means to be anxious or nervous?
2. Why do you think Josh is so anxious?
3. What could you do so Josh doesn't feel so anxious about fitting in?

Answer the following questions based off of what you see and hear in [Video 2](#)

1. What is empathy?
2. Consider the scenario from the video: *Lizzy was studying all day and all night for a big math test, but then she overslept, was late to school, and didn't do well on the test, but her friends did do well.*
 - a. If you were in Lizzy's shoes, how would you feel?
 - b. How can Lizzy's friends show her empathy?
 - c. What might Lizzy do differently next time so she can get a better score on her test?



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Deciding on Empathy Activity

Instructions: Use the tricky situation below, OR write your own scenario (true or made up!) Write your thoughts about whether you show empathy in the situation and what results your decision might have.

- **Option 1:** You've been best friends with Sam since 1st grade. Since the start of school this year, you've become good friends with Taylor, too. But Sam told you yesterday that they're not going to be friends with Taylor anymore and neither should you. Now Taylor is playing alone at recess, looking really sad. What should you do?
- **Option 2:** Write your own scenario!

If I show empathy:	If I don't show empathy:
<u>Possible Good Results</u> 	<u>Possible Good Results</u>
<u>Possible Bad Results</u> 	<u>Possible Bad Results</u>



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The Empathy Award Challenge

Now that you understand what social awareness and empathy are, you are going to recognize someone you know for their outstanding display of empathy. Remember empathy is being aware of other people's emotions. For example, if you were sad, they might have noticed and tried to make you feel better!

Use the following questions to help create your award:

1. Who is someone that has shown empathy toward you or others recently?
2. Give a brief description of who that person is.
3. How did this person show empathy towards you or other people?
4. Why do they deserve this award?
5. What have you learned about empathy from your winner?

Now, find a piece of paper and some crayons/markers/pencil and create your award! If you need help thinking about what the award might look like, see the example on the next page. When it's completed, give it to the person you made it for (if possible)! If you can't give it to them directly, send them a photo and let them know why you are giving them the award!



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Certificate of Appreciation
The Empathy Award!

For demonstrating empathy towards others

Proudly Presented To:

My Mom!

For always asking how I am doing, really listening, and trying to cheer me up if I seem sad. I am thankful for her empathy. She has taught me how to be kinder to others and help make other people feel better too!

Officially Presented By: _____
(sign your name)

Officially Presented On:

