

Caring Day 2 • Research

RAK Definition: Caring is feeling and showing concern for others.

In this lesson, students will learn about empathy and how it impacts our ability to care for others.

Weekly Objectives

Students will:

- Create a personalized definition of caring both on an individual and interpersonal level.
- Examine their community through a lens of caring.

Resources / Materials

- VIDEO: [Empathy in digital age | Katri Saarikivi](#) (15:30)

Reflect / Assess

Deliverables:

- Daily Participation points
- Caring Journal Entry:** How do our biases prevent us from empathizing with others?

Share

Reporting Back: What act of caring did you do, how was it received, how did you feel, and how did the other person feel?



Our ability to care for others is also influenced by our ability to **empathize** with others. We empathize with others when we have had similar experiences that allow us to uniquely understand their point of view, emotions, responses, actions, etc.

Discussion Starters:

- What are some things that make you feel connected to another person or to a group?
- What are some things that you don't understand or fear that make you feel disconnected from other people or groups?

Inspire

Watch: [Empathy in digital age | Katri Saarikivi](#)



Do: Divide the class into groups of 6-8. With your small group, select a common scenario that other teens experience throughout the world regardless of money, environment, etc. This is a situation you can all *empathize* with. Write your idea down and list 3 supporting details to backup your answer. Share your common ground with the large group.

Empower

Our challenge comes when we see, hear, or witness things with which we cannot empathize (because we do not have common ground with that experience). Individually or in small groups, think of a social justice issue that you cannot easily relate to because you have not personally experienced it, but that you feel strongly about and want to know more about so you can better empathize with and care for those most impacted. Research this issue and find one article that helps give you a better perspective. Write down five *new* things you learned that can help you better understand the issue and one action you could do to take care of those most impacted.



Current social justice issues you could explore:

- Institutionalized racism
- Women's rights
- Voting rights
- Socio-economic injustices