inspire

Inspire Elementary Sessions	Developmental Asset Domains
Introduction to Empathy **Goal:** Learn the definition of empathy **Goal:** Practice having empathy in different situations **Goal:** Learn how empathy and kindness can improve classroom relationships *(Week 1)*	**Strands:** Healthy Living Skills
Bullying **Goal:** Understand the impact of bullying **Goal:** Practice feeling empathy for those who are bullied **Goal:** Explore how empathy can reduce aggression, bullying and violence *(Week 2)*	Problem Solving
Diversity **Goal**: Explore the concept of diversity in its many forms **Goal**: Examine the connection between empathy, diversity and respect **Goal**: Identify ways to create a healthier classroom community *(Week 3)*	Critical and Creative Thinking Skills
Family Issues **Goal:** Empathize with individuals who may be experiencing personal problems and/or struggles **Goal:** Understand the impact of personal problems on an individual's behaviours **Goal:** Learn multiple ways to support someone going through personal struggles *(Week 4)*	Communication Skills
Relationships **Goal:** Examine how empathy can help build healthy relationships **Goal:** Identify characteristics of a healthy and unhealthy relationship **Goal:** Practice building healthy relationships within the class *(Week 5)*	Creating and Reflecting
Barriers to Empathy **Goal:** Explore barriers that can stop people from being empathetic **Goal:** Examine media messages to learn how they can impact behaviours and choices **Goal:** Learn ways to overcome empathy barriers *(Week 6)*	Canada: Links to the World Relationship and Social Skills
Expressing Empathy **Goal:** Learn ways to express empathy to others **Goal:** Examine the concept and skills associated with active listening **Goal:** Understand the importance of asking for support *(Week 7)*	Media Literacy Self Awareness
Everyday Heroes **Goal:** Examine the characteristics that make up a hero **Goal:** Explore the connection between empathy and heroism **Goal:** Provide closure to the program *(Week 8)*	Interactions and Interdependence Identity of Self Interpersonal Skills