

Inspire Elementary Sessions		Ontario Curriculum
Week 1	<p align="center">Introduction to Empathy</p> <p>Goal: Learn the definition of empathy Goal: Practice having empathy in different situations Goal: Learn how empathy and kindness can improve classroom relationships</p>	<p>Strands:</p> <p>Healthy Living Skills</p> <p>Problem Solving</p> <p>Critical and Creative Thinking Skills</p> <p>Communication Skills</p> <p>Creating and Reflecting</p> <p>Canada: Links to the World</p> <p>Relationship and Social Skills</p> <p>Media Literacy</p> <p>Self Awareness</p> <p>Interactions and Interdependence</p> <p>Identity of Self</p> <p>Interpersonal Skills</p>
Week 2	<p align="center">Bullying</p> <p>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</p>	
Week 3	<p align="center">Diversity</p> <p>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</p>	
Week 4	<p align="center">Family Issues</p> <p>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</p>	
Week 5	<p align="center">Relationships</p> <p>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</p>	
Week 6	<p align="center">Barriers to Empathy</p> <p>Goal: Explore barriers that can stop people from being empathetic Goal: Examine the concept of empathy as a choice Goal: Learn ways to overcome empathy barriers</p>	
Week 7	<p align="center">Expressing Empathy</p> <p>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</p>	
Week 8	<p align="center">Everyday Heroes</p> <p>Goal: Examine the characteristics that make up a hero Goal: Explore the connection between empathy and heroism Goal: Provide student affirmation and closure to the program</p>	