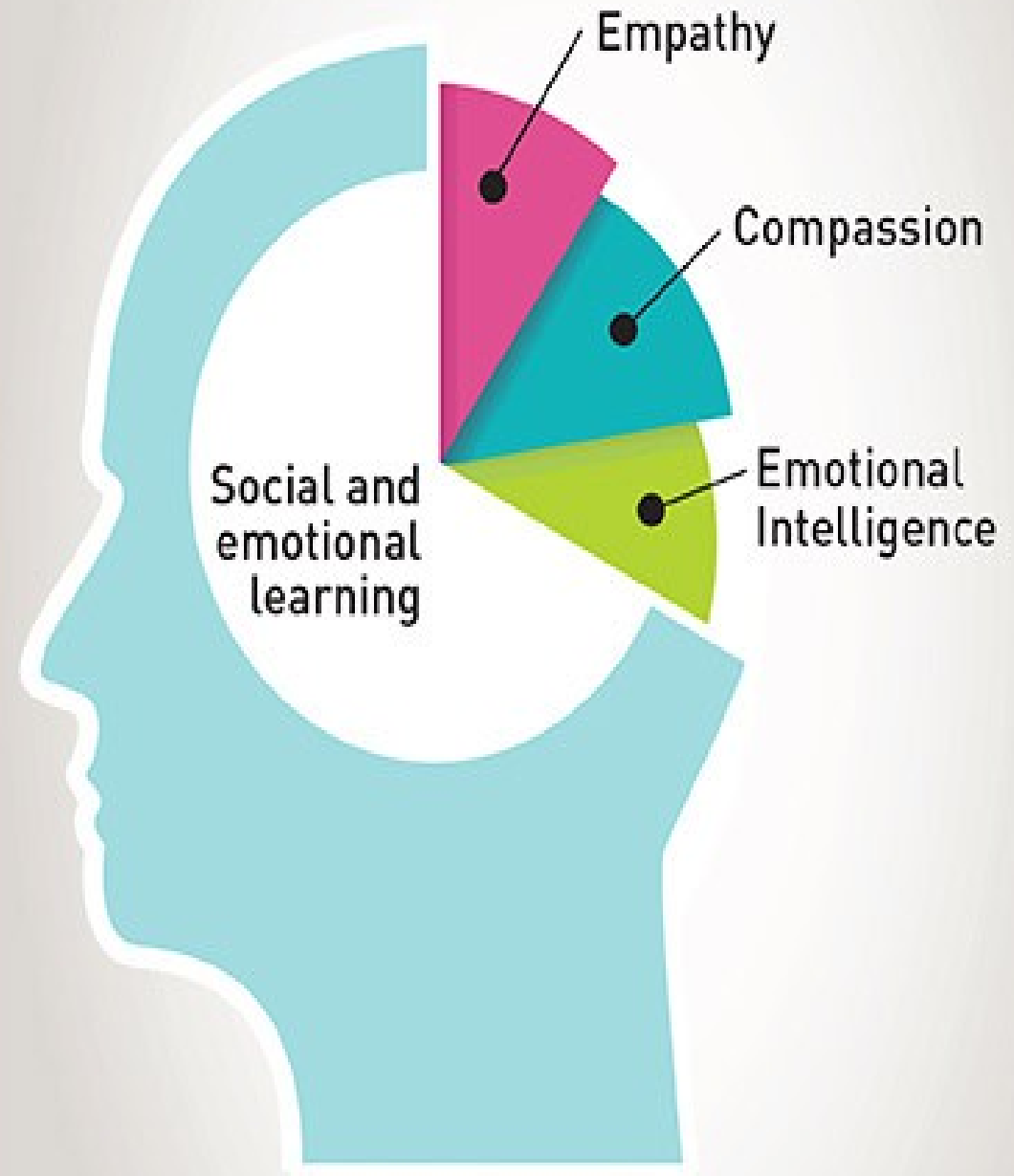




ENHANCING
LIFE SKILLS
- EMPATHY



RESOURCE PERSON



Apurva Tripathi is a gold medalist from Delhi University and completed her Masters in Development Studies from The Graduate Institute in Geneva. She is currently working as the Director of Education and Research in Udaya Public School, Ayodhya. She has been a keynote speaker for various organisations, notably The YP Foundation and TARSHI. Her work focuses on Mental Health, gender sensitisation and psychological resilience

Email: Apurva@udayapublicschool.edu.in



HOW ARE YOU FEELING?

SERENE	FULFILLED	CALM	BALANCED
EASYGOING	CHILL	THOUGHTFUL	CONTENT
SATISFIED	GRATEFUL	TRANQUIL	RELAXED
COMFY	COMPLACENT	PEACEFUL	MELLOW

M
O
O
D

LIVELY	UPBEAT	EXCITED	ECSTATIC
ENTHUSIASTIC	ENERGISED	INSPIRED	HYPER
MOTIVATED	SURPRISED	FOCUSED	PLEASANT
JOYFUL	BLISSFUL	HOPEFUL	HAPPY

M O O D M E T E R

SAD	LONELY	TIRED	BORED
GLUM	DRAINED	APATHETIC	DOWN
PESSIMISTIC	CONCERNED	EXHAUSTED	MISERABLE
DISCOURAGED	DRAINED	SPENT	ALIENATED

E
T
E
R

TENSE	NERVOUS	RESTLESS	TROUBLED
PEEVED	WORRIED	FRIGHTENED	UNEASY
FRUSTRATED	STRESSED	IRRITATED	PANICKED
STUNNED	ANNOYED	ANGRY	FURIOUS



WHY?





What are Life Skills?

DEFINITION

Life skills are behaviors that enable individuals to adapt and deal effectively with the demands and challenges of life

Any skill that is useful in your life can be considered a life skill

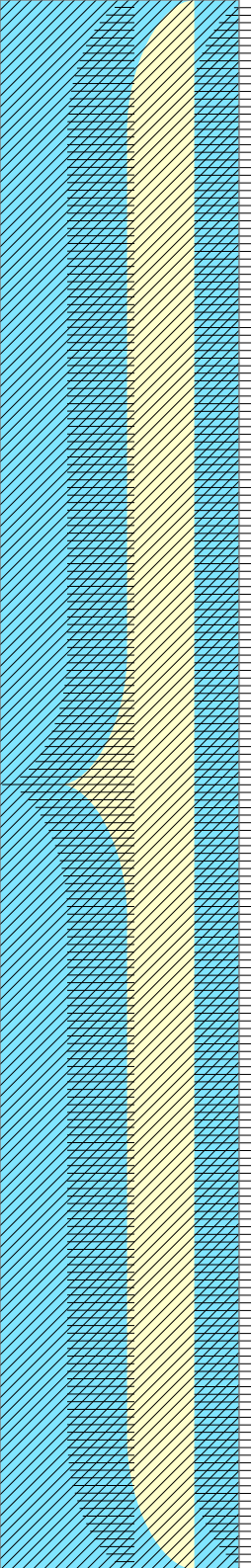
Life skills are often taught in the domain of parenting, either indirectly through the observation of the child, or directly with the purpose of teaching a specific skill

Life skills can vary from financial literacy through substance-abuse prevention, to therapeutic techniques to deal with disabilities such as autism

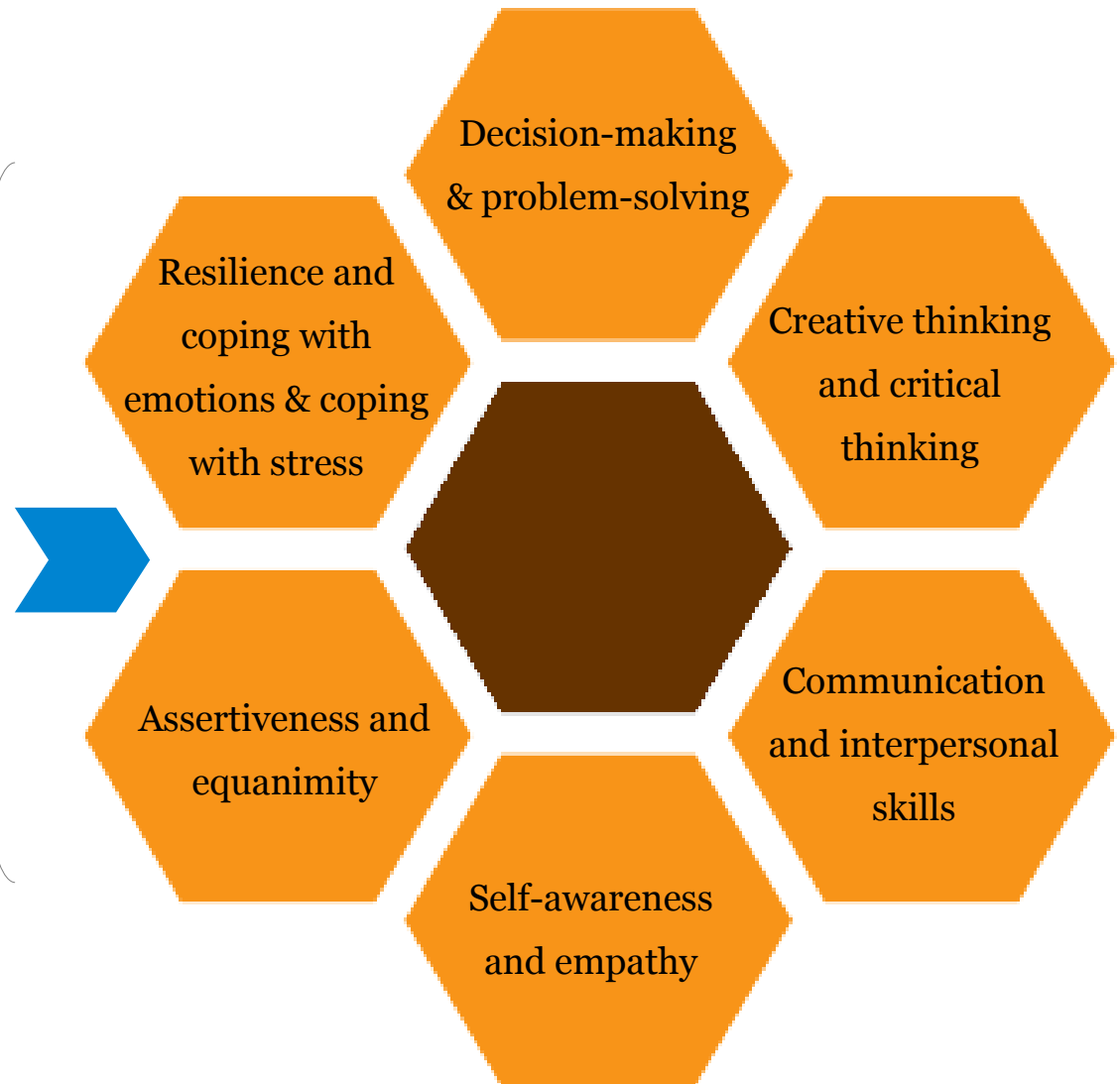


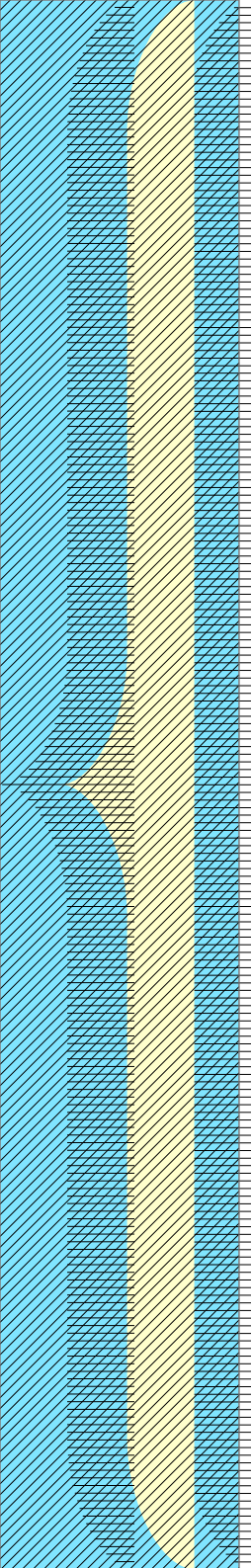
Life skills touch upon issues that are:-

- ★ Real: they actually affect people's livelihoods
- ★ Sometimes sensitive: they can affect people on a personal level, especially when family or friends are involved
- ★ Often controversial: people disagree and hold strong opinions about them
- ★ Ultimately moral: they relate to what people think is right or wrong, good or bad, important or unimportant in society.



The World Health Organization in 1999 identified the following core cross-cultural areas of life skills





How does training in life skills benefit young people ?

It helps them to develop self-confidence and successfully deal with significant life changes and challenges, such as bullying and discrimination


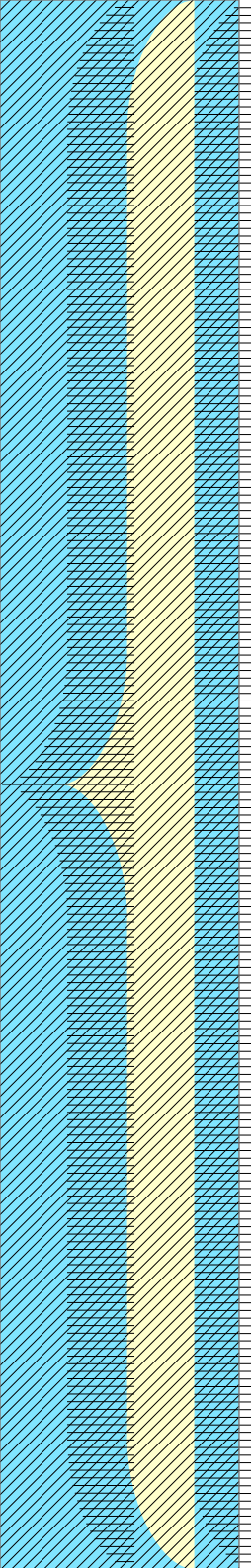
It gives them a voice at school, in their community and in society at large

It enables them to make a positive contribution by developing the expertise and experience they need to assert their rights and understand their responsibilities




UNDERSTANDING EMPATHY


What Empathy Is



The English word empathy is derived from the Ancient Greek word *empathia*, meaning "physical affection or passion"



Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position



Having empathy can include having the understanding that there are many factors that go into decision making and cognitive thought processes

What Empathy Isn't

Empathy isn't the same as sympathy

Being empathetic does not mean lowering your expectations

Empathy may not be about feeling sorry, but it is about feelings

Types of Empathy

Cognitive Empathy

- * Cognitive empathy is basically being able to put yourself into someone else's place, and see their perspective
- * Cognitive empathy is 'empathy by thought', rather than by feeling

Emotional Empathy

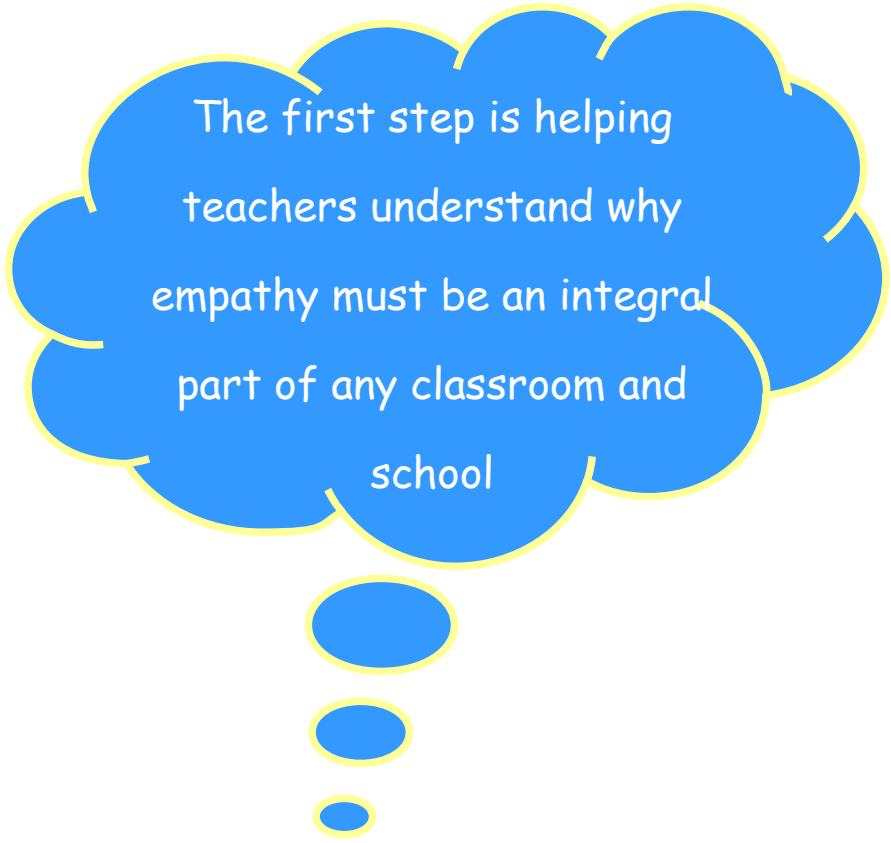
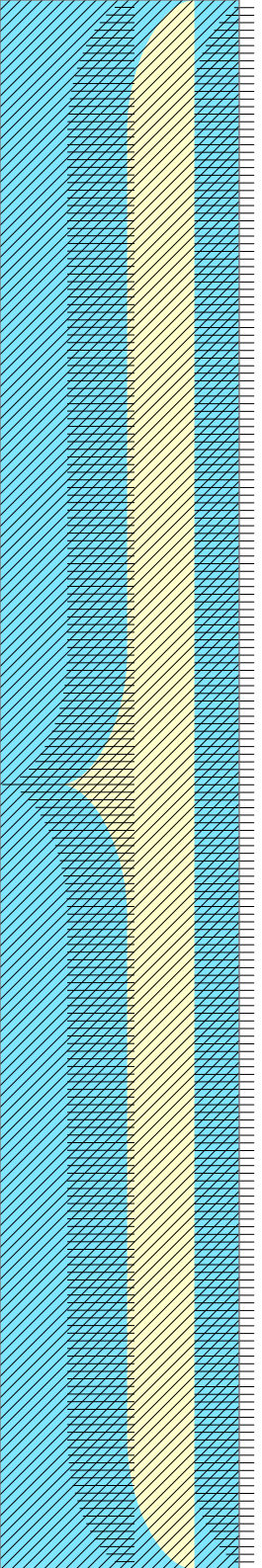
- * Emotional empathy is when you quite literally feel the other person's emotions alongside them
- * Emotional empathy is also known as 'personal distress' or 'emotional contagion'

Compassionate Empathy

- * Compassionate empathy is what we usually understand by empathy: feeling someone's pain, and taking action to help
- * Compassionate empathy is the type of empathy that is usually most appropriate



TEACHING WITH EMPATHY:
WHY IT'S IMPORTANT



The first step is helping
teachers understand why
empathy must be an integral
part of any classroom and
school

Ways to Show Empathy for Students Who Learn and Think Differently

Feeling understood and supported is especially important for students who learn and think differently

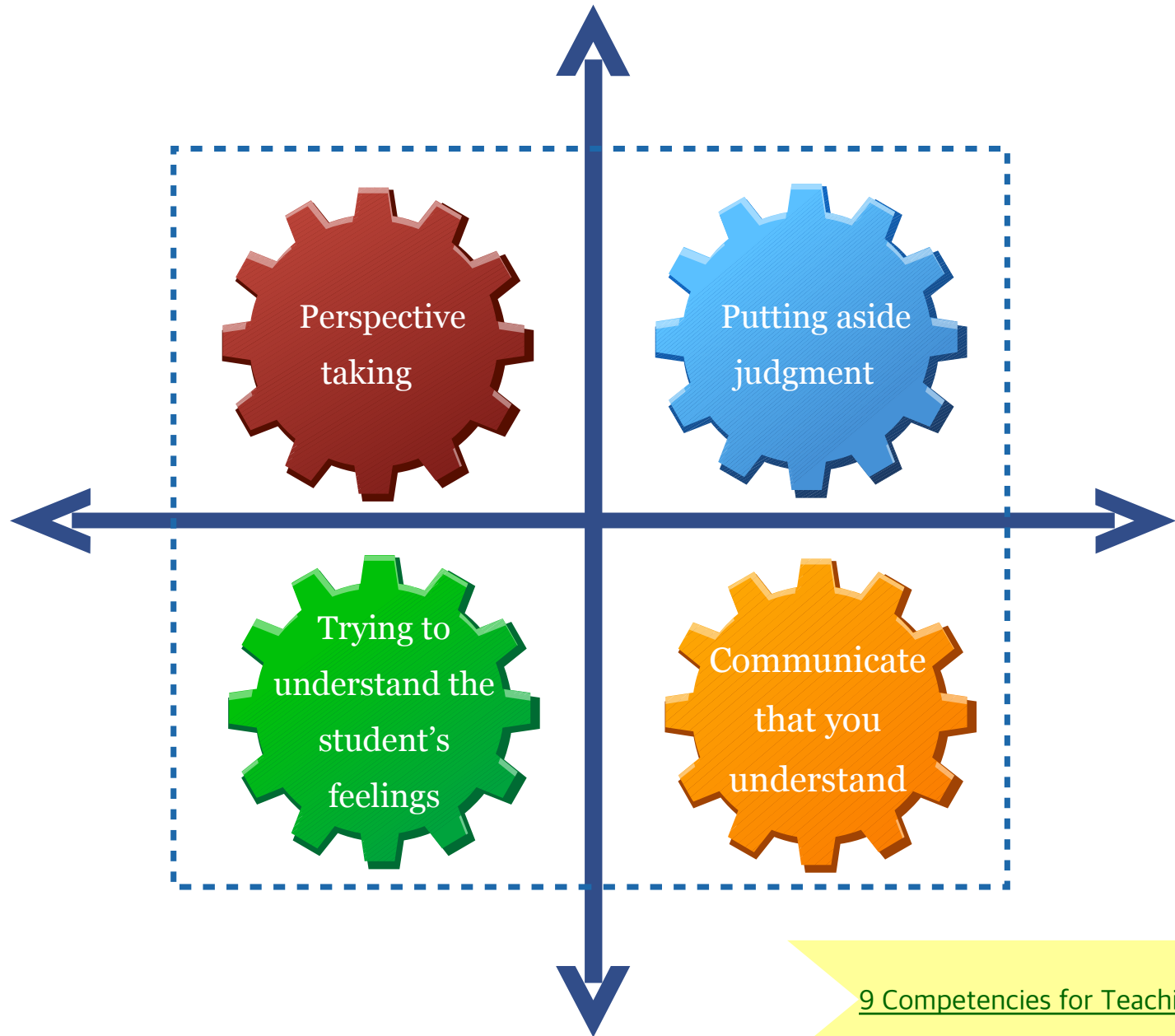


It helps them stay motivated, increases self-awareness, and encourages them to advocate for themselves



These self-advocacy and self-determination skills lead to better outcomes in employment and post-school life

The Four Parts of Empathy



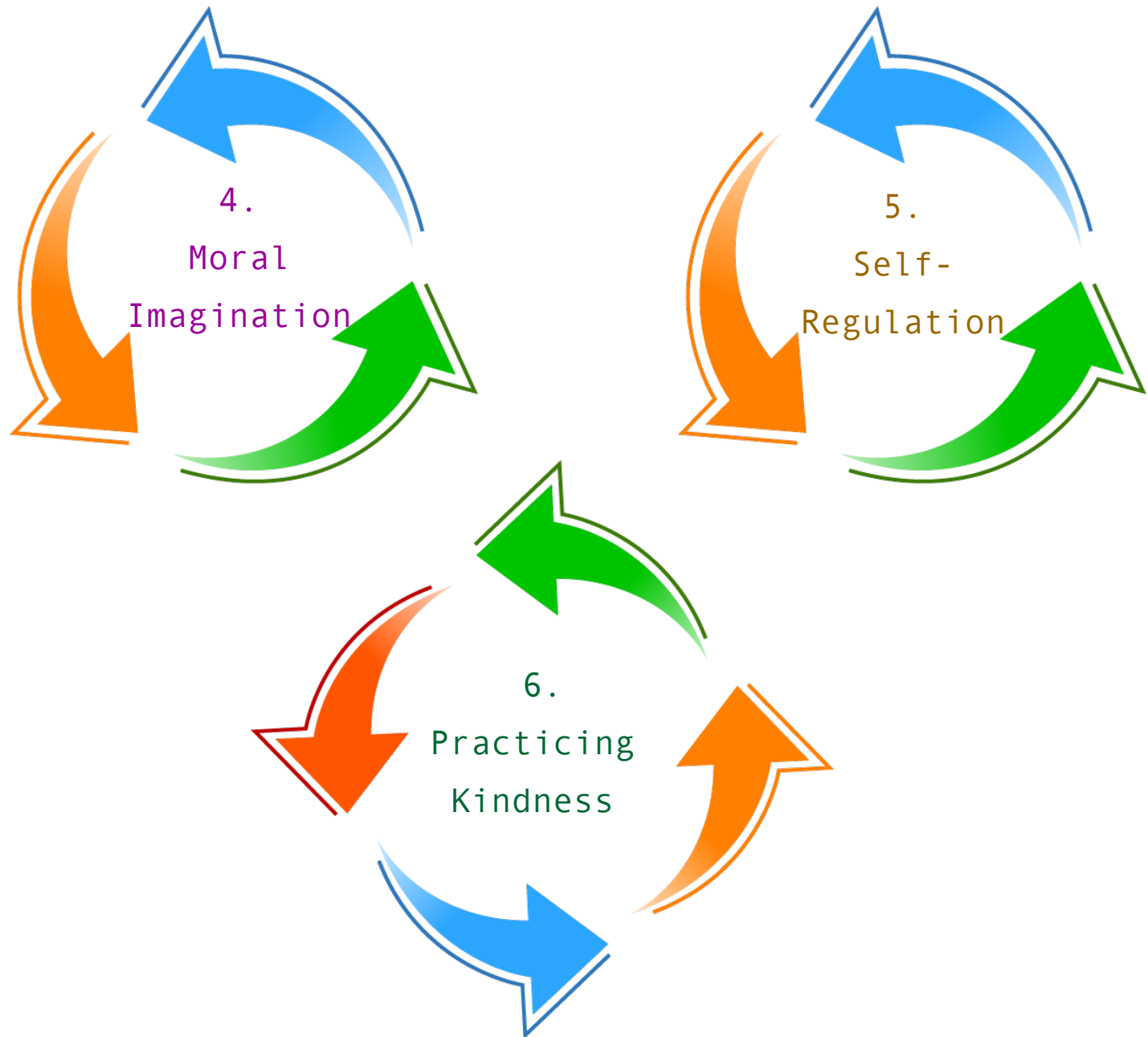
9 Competencies for Teaching Empathy

Planting Seeds of Empathy

- * Rather than a one-dimensional trait, empathy comprises nine teachable competencies
- * Each competency is suitable for students from kindergarten through high school (as well as adults) and can be taught



Planting Seeds of Empathy



Planting Seeds of Empathy



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THANK YOU !!

