

Celebrating Empathy and Kindness

Our Classroom Everyday Heroes

Can be used in the classroom or virtually. Handwrite or type names above!

Together we can help children in our class, our community, and around the world.

Build
empathy
in your
classroom!

Everyday Heroes
Nominate classmates
throughout the year!

Sept/Oct

Understanding Others
Listen and learn from
your peers

Nov/Dec

100th Day of School
Write a letter, make a
change!

Jan/Feb

Reading Month
Build your empathy skills
through reading

March

Joke-Ha-Thon
Use humor to make a
difference

April/May

**RED
NOSE
DAY**

MAY 27

Class Routines to Build Empathy

Enhance your class culture with activities that inspire students to be Everyday Heroes, making a difference in their school community and in the lives of children in need.

Objective

Students will build skills in empathy, speaking, listening, and writing by taking on different perspectives and standing up for other children.

Time

Flexible; 15 minutes on a weekly basis recommended

Materials

Visit [RedNoseDayinSchool.org](https://www.rednosedayin.org) to find these materials and more:

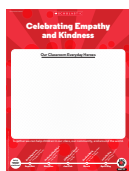
- Videos (optional) and reading passages about child poverty
- Nominate an Everyday Hero form and award certificate
- Everyday Heroes classroom poster

REMOTE VERSION

Get a step-by-step version of this activity for students in Google Doc form at [scholastic.com/rednoseday](https://www.scholastic.com/rednoseday).

Instructions

1. Define **empathy** as a superpower that allows you to feel someone else's feelings as if they were your own. Ask kids to share times when they felt or witnessed empathy.
2. As a class, brainstorm a list of words, qualities, and actions that describe an Everyday Hero (e.g., kind, helpful, stands up for others, etc.). Capture these words on a poster to refer to and update throughout the year.
3. Explain that the class is going to work together on a yearlong project of becoming more empathetic and kind, building up to Red Nose Day on May 27, 2021, when people come together across America to raise money to end child poverty.
4. Explain that child poverty involves problems and solutions. This year, we'll use our empathy skills as well as our reading, writing, speaking, and listening skills to help.
5. For inspiration, **share the videos and/or reading passages** at [RedNoseDayinSchool.org](https://www.rednosedayin.org) to learn how poverty impacts children around the world.
6. Point out that treating others kindly, and recognizing kindness, helps that behavior to spread. Introduce one of the classroom routines below. After it is fully integrated, add another routine until all are used regularly.



Everyday Hero of the Week

Explain that there are many regular people—Everyday Heroes—who are working to help end child poverty and keep children safe, healthy, and educated. Explain that students can be Everyday Heroes too.

Step 1 Every Monday (or monthly), announce a student who showed the empathy and kindness of an Everyday Hero. Students can submit nominations using the nomination form.

Step 2 Award a certificate, then feature their name (or a photo!) on the celebratory classroom poster (go online to get a version you can type into). **If teaching remotely**, you can show the poster through video, email a photo/screenshot, or include a list when sending home a print packet.

Story Swap (Perspective Taking)

In pairs (in person or virtually), have students practice active listening as they interview each other about their families, favorite memories, or meaningful moments. Then have students trade places to tell their partner's story from their perspective. Students can engage in this activity weekly or monthly with rotating partners.

Spotlight on Superpowers

Time for students to get their capes on! Give students 3–5 minutes to freewrite in response to one or more prompts that highlight interpersonal skills, such as:

1. The Everyday Hero superpowers that I already have are...
2. I want to get better at being an Everyday Hero by doing...
3. Using my Everyday Hero superpowers helps my class and school community by...