



ISSAQUAH SCHOOL DISTRICT

Para Professional PD Bundle
Topic: Empathy
Length: 1 hour

TOPIC INTRO

In this bundle you learn about empathy. What is it? What's the difference between empathy and sympathy? You will also learn the three different types of empathy, and how to show empathy for a student who is expressing their emotions. This bundle is designed to help you gain understanding how empathy can help kids work through their emotions.

Bundle Resources

Ted Talk: How to hack empathy and get others to care more (15 minutes)
YouTube: Brene' Brown on Empathy (5 minutes)
Podcast: Peace and Parenting Empathy (20 minutes)
Article: Three kinds of Empathy: Emotional, Cognitive, Compassionate (20 Minutes)

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