



Roots Of Empathy

Roots of Empathy is an evidence-based classroom program that has shown dramatic effect in reducing levels of aggression and violence among school children while raising social/emotional competence and increasing empathy. This unique program is designed for elementary school children from Kindergarten to Grade 8 and is delivered in partnership with a baby and their parent(s) who visit the classroom every month for one school year. As the children follow the development of "their" Roots of Empathy baby, they develop new awareness and skills to last a lifetime including emotional literacy, violence prevention, perspective taking and inclusion.

Roots of Empathy is offered in every province in Canada as well as on three continents around the world. Moose Jaw is the first city in Southern SK to adopt the program. In Moose Jaw Roots of Empathy is being offered as a pilot project in the Kindergarten class at St. Mary School in the 2013/2014 school year. It is being funded and organized through a partnership between the RIC "Partners Against Violence" committee and Hillcrest Church.

"The learning about babies has been wonderful as about 2/3 of the kids in my class are the youngest in their families and have very little experience with babies and the rest bring their experience and knowledge to each lesson. In particular, I have loved that the class has a common vocabulary and growing sense of awareness surrounding feelings. When I have needed to address conflicts among students or help children fix behavioural problems, I have been able to draw on their new understanding to have meaningful conversations with them". (Mathew Falk, kindergarten teacher, St. Mary School).

For further information about "Roots of Empathy" please visit the following sites:

Official "Roots of Empathy" site:

http://www.rootsofempathy.org/documents/Roots_of_Empathy_Key_Information_8Nov2012.pdf

"Using Babies to Decrease Aggression, Prevent Bullying" (8 minute video)

<http://www.youtube.com/watch?v=fvelYfCZCZs>

A 2 minute video summary of Roots of Empathy:

<http://www.youtube.com/watch?v=fNxkCt9Pm3o>