

Mix It Up-December

Promoting Caring



How do IB learners strive to be Caring?

We show empathy, compassion and respect. We have a commitment to service, and we act to make a positive difference in the lives of others and in the world around us.

What does empathy mean?

It's the ability to step into the shoes of another person, aiming to understand their feelings and perspectives, and to ***use*** that understanding to guide our actions.

Two ways to increase empathy

-Talk to new people: When we talk to people outside our usual social circle, we encounter lives and worldviews very different from our own.

-Listening and Being Vulnerable:
Increased empathy only comes through interacting with others, so you want your conversations to be as deep and as possible. Removing our masks and revealing our feelings to someone is vital for creating a strong empathic bond.

Let's try it

-Step in if...

The following game is a great way to uncover shared experiences among us, to deepen understanding of one another's background and interests, and to reinforce a sense of community.

Step In If...

The person in the middle of the circle will make a statement that is true about themselves. For example, “Step in if you are an only child,” everyone who is also an only child will take one big step in towards the center. The person in the middle then selects another person to take their place until everyone has had a turn.

Discuss

- What did you learn about your classmates?
- Were you surprised when people stepped in for certain prompts?
- How did it feel to be up there alone?
- *How did it feel when you discovered others shared your experience?
- How did this activity increase empathy and/or caring in our community?