



Roots of Empathy

Racines de l'empathie

Roots of Empathy

2019 Annual Program Evaluation Report

Prince Edward Island

“I think it will have a far reaching impact within their own families, educational institutions they attend, their workplace(care taking roles) as well as when they become parents themselves. Better citizens overall.”

- *Grade 4 Teacher, L.M. Montgomery Elementary School, Charlottetown*

“Empathy is one of the most important skills to teach young children. It is also incredibly difficult to do. Having a baby teach them that we must respect other people's feelings is one of the best [ways] of doing it. The days where we had ROE were some of the best days of the school year.”

- *Kindergarten/Grade 1 Teacher, Gulf Shore Consolidated School, North Rustico*

Our mission is to build caring, peaceful, and civil societies through the development of empathy in children and adults.



When asked, “What can Roots of Empathy teach the world?” students reported:

“That babies need lots of love and care, and can get hurt easily.”

- Grade 3, Cornwall

“To treat everybody the same, and always be nice to people even if they were a bit mean to you before.”

- Grade 3, Cornwall

“Roots of Empathy can teach the world that everybody has feelings and they can all be hurt, just in different ways.”

- Grade 3, Cornwall

“It helps the world have empathy and caring for a baby and understanding how other people feel.”

- Grade 4, Charlottetown

“That you should care for people rather than teasing them or bullying.”

- Grade 4, Charlottetown

“Roots can teach the world to care for other people, not just your friends, but everyone.”

- Grade 4, Charlottetown

“Roots of Empathy teaches the world safety and feelings.”

- Grade 4, Charlottetown

When asked about the impact of the program, teachers offered comments such as:

“I always have Root of Empathy because it ties in well with my curriculum. Activities/responses are well delivered and relevant to the lives of the kids. It helps them to establish a trusting relationship with our public health nurse as well.”

- Grade 3/4, Souris

“The students and I often refer to our baby when discussing other conflicts, discussions of books, etc. This relationship with our Roots family gives my students a point of reference that is positive and a shared experience for everyone to relate to. Students may come from strained family relations, but this experience becomes familiar and accepted as a positive model for relationships.”

- Grade 3/4, Souris

“They seem to be able to share their feelings more openly/ more accepting to this sharing behavior as well. I also notice that they seem to be providing more support to each other when upset, angry etc.”

- Grade 4, Charlottetown

When asked about the impact of the program, Roots of Empathy volunteer parents offered comments such as:

“This program so amazing. For me personally it was something that I found very beneficial. I am a second time mother, having a toddler at home as well as a newborn it can be hard to give the amount of one-on-one time the first baby received. This program gave us the opportunity to take time aside just me and Myles and bond...”

- Grade 4, East Royalty

“I think Roots of Empathy proves that the smallest and the weakest have the potential to teach the strong and able very valuable lessons; human connection is the key to a healthy life (bond between mother and baby), pain and hurt need healing and comfort - not denial and isolation, and learning new things makes life more fun and interesting!”

- Grade 1/2, Belfast

When asked about the impact of the program, Roots of Empathy Instructors offered comments such as:

“Became very engaged with the baby. Verbalized increased knowledge of infant development, safety and caring for a baby. They seemed to be more aware of feelings for the baby and themselves.”

- Grade 3/4, Souris

“Students became more focused, more expressive and more tender to baby.”

- Grade 4, Charlottetown