



**Roots of Empathy**  

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**Racines de l'empathie**

**Roots of Empathy**

**2019 Annual Program Evaluation Report**

**Quebec**

**“Roots of Empathy can teach the world to understand everyone’s feelings”**

- *Grade 6 Student, Voyageur Memorial Elementary School, Mississini*

**“It allows the students to explore their emotions and work on self-awareness and self-regulation. That they are given tools to deal with big emotions they are then more able to focus on their learning. I have sincerely enjoyed the experience ...”**

- *Grade 1/2 Teacher, New Carlisle School, New Carlisle*

**“This program teaches students to be empathetic and kind to one another. I saw a big change in the ways that they treated each other. I have seen them soften in their behaviors to others. The shy ones became more confident and began to participate in class.”**

- *Grade 6 Instructor, Voyageur Memorial Elementary School, Mississini*

*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:**

“It can teach the world to take care of your baby better and see what other people are feeling.”

- Grade 6, Voyageur Memorial Elementary School, Mistissini

“Roots of Empathy can teach the world so the parents not to smoke and drink when they are [pregnant]”

- Grade 6, Voyageur Memorial Elementary School, Mistissini

“Roots of Empathy can teach the world is how we feel.”

- Grade 6, Voyageur Memorial Elementary School, Mistissini

“That [babies] need more love”

- Grade 5, Maclean Memorial School, Chibougamau

“How to treat people”

- Grade 5, Maclean Memorial School, Chibougamau

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

“... It allows students to think about having a conversation with their parents or guardians in terms of safety and a person’s wellbeing, whether it is their own or that of someone else. It is also an opportunity for the community members to come to the school and see what kind of learning is taking place and to feel more a part of their youths learning experience. Roots of Empathy in my class allowed us to have conversations that parents may not have with a child, as well as conversations that a normal school curriculum does not call for. It showed the students that everyone is different in all things, from feelings, looks, intelligence, and developmentally.”

- Grade 2, Voyageur Memorial Elementary School, Mistissini

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

“Roots of Empathy can teach the world that by taking the time to create a safe and non-judgemental space to talk with and listen to children; where they can share about themselves, learn about why they are the way they are and to positively communicate with one another, they will become more caring and compassionate people who can respect their differences and embrace their similarities. This can lead to future generations of better listeners and a empathetic society. It is time well spent!”

- Grade 1/2, New Carlisle School, New Carlisle