



Roots of Empathy
Racines de l'empathie

Changing the World *Child by Child*



Seeds of Empathy
Semaines de l'empathie





At the heart of the program is an infant and parent from the community who visit the class throughout the year. Children gather around a green blanket for the visit.



Roots of Empathy
Racines de l'empathie

Roots of Empathy

The Roots of Empathy program reaches elementary school children in their classrooms from Kindergarten to Grade 8.

www.rootsofempathy.org

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The baby is the “Teacher” who shows his feelings. This helps the children to identify and reflect on their own feelings and the feelings of others.



In Roots of Empathy, children’s literature opens up doors to feelings and helps with perspective taking.



The “emotional literacy” taught in the program gives children the vocabulary for understanding and talking about their feelings.

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



At the heart of the program is an infant and parent from the community who visit the centre throughout the year. Children gather around a lavender blanket for the visit.



Seeds of Empathy
Semailles de l'empathie

Seeds of Empathy

Seeds of Empathy is a program for 3-to-5-year-old children in their child care centres.

www.seedsofempathy.org

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The baby is the “Teacher” who shows her feelings. This helps the children to identify and reflect on their own feelings and the feelings of others.



Early Childhood Educators are trained in using a curriculum. They read selected children’s literature to small groups of children.



After each story the children have fun with a variety of activities that help them develop socially and emotionally and also build their literacy skills.

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HONESTY

KINDNESS

SHARING

RESPECT

HONOUR

DIGNITY

Shared Cultural Values

"These programs transcend race, color, and family in our centre. They have brought us all so much closer and truly reflect the values of our Nation."

~ Wet'suwet'en Child and
Family Centre



Resolution 38


Assembly of First Nations: Annual General Assembly

July 15-17, 2008

Quebec City, Quebec

- WHEREAS We embrace education that is holistic, linguistically and culturally relevant and we acknowledge that learning and teaching is a lifelong journey from birth and early childhood to post-secondary and adult education;
- WHEREAS We acknowledge that we all have a duty and responsibility to provide guidance and teachings to our children and youth; our ancestral teachings, through storytelling, legends and role-modeling have been preserved for thousands of years and connect the past to our future;
- WHEREAS Our children and youth now attend different schools that reflect a diverse global population – and come from diverse global teachings. Schools are now tasked with teaching respectful behaviour to many world peoples, including our Indigenous peoples in Canada;
- WHEREAS The Roots of Empathy program was created by Founder/President Mary Gordon in 1996 in inner-city schools in Toronto and became a registered charity in October 2000. The program teaches Emotional Literacy, Perspective Talking, Problem Solving, Anti-Bullying, Culture of Caring, Participation Democracy, Social Inclusion, Neuroscience, Male Nurturance, English as a Second Language, Safety and Public Health Education, Abuse Prevention, Prevention of Teenage Pregnancy, Art/Music/Writing, and Literature;
- WHEREAS Its “younger sibling” Seeds of Empathy, fosters social and emotional competencies and early literacy skills and attitudes for children from ages 3 – 5 years of age, and provides Professional Development for educators in Early Childhood Education;
- WHEREAS In Canada, the Roots of Empathy program is developed in English and French and reaches rural, urban and remote communities, including First Nations, Inuit and Métis communities; and
- WHEREAS The Roots of Empathy program fosters a teaching/learning environment that is compatible to traditional First Nations’ teachings and worldviews by addressing aggression in schools and improving their social/emotional competency and empathy towards one another.

THEREFORE, BE IT RESOLVED that: The Chiefs-in-Assembly and the Assembly of First Nations endorse and support the use of the program “Roots of Empathy” and “Seeds of Empathy” in schools that have diverse global populations in Canada.



"Students are able to understand the similarities and differences between themselves and their peers. It is an invaluable way for them to appreciate one another."

~ Parent of ROE Baby, BC

"Roots of Empathy promotes what I consider to be a critical component of Education, building relationships and having a sense of belonging. All students and adults need to have these components before any learning can take place."

~ ROE Teacher, BC

"This is my best day ever!" (said after first ROE Family Visit)

~ Kindergarten ROE Student, BC

"Everyone shares this world, so we should ALL learn to love, respect, and try to understand each other."


~ Grade 6 ROE Student, BC

"Many of our students have had a difficult time in their short lives. The humbling fact is that [Roots of Empathy], this spark, this light that is empathy is an ember that continues to burn within their hearts."

~ ROE Instructor, BC

Impact of Roots of Empathy

Roots of Empathy Voices

A circular photograph showing three children playing inside a purple tent. A girl in a light blue shirt is on the left, a boy in a plaid shirt is in the center, and a girl in a floral dress is on the right. They are all smiling and appear to be playing together. The tent's interior is purple, and its wooden frame is visible on the right side.

"Family is huge in our community, and this program fosters the rebuilding and wellness of our families."

~ Inkameep Day Care, BC

"Hearing the children say, 'I feel' has been profound for our staff, our centre, our parents. In some families, the children are teaching the parents and grandparents how to talk about their feelings. This is really important as we need our children to know about feelings and not be afraid of them or expressing them."

~ Wet'suwet'en Child and Family Centre, BC

"For our Elders, as Residential School survivors, it has been huge for them to come through the doors of our daycare, and Seeds of Empathy has been a 'door opener'."

~ Qaqaualas Day Care Centre, BC

"We are no longer using our old curriculum. The Seeds of Empathy curriculum is now our curriculum and everything is built around it."

~ Beginnings Pre School, BC

Impact of Seeds of Empathy

Seeds of Empathy Voices

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