



Roots of Empathy continues to innovate for children who are 100% of our future and are the most vulnerable in times of change and chaos. Emotion regulation is a precursor to learning that will help close the learning gap caused by the pandemic. Roots of Empathy provides support to students and teachers as we raise the bar on what it means to be human – to be empathic.

Empathy is a pathway to better relationships in childhood that builds resilience, happiness and progress towards a more civil society. 20 years of research shows that Roots of Empathy programs are effective.

The program centres around the novel concept of having a baby become the “teacher” in a classroom. A certified Roots of Empathy Instructor coaches the students to observe the baby’s intentions, label the baby’s feelings, and witness the baby-parent attachment relationship. The baby is a catalyst to help children identify and reflect on their own feelings and the feelings of others – empathy. Roots of Empathy has been recognized as part of HundrED’s innovations in education since 2018.

*“As important as it is to learn to read in school, if children do not also learn to relate, we will have failed societies.”*



**Mary Gordon**  
FOUNDER/PRESIDENT  
ROOTS OF EMPATHY

Helping children develop the empathy they need for mental health, learning and caring for others.

## Roots of Empathy

Canada

The Roots of Empathy organization is known as one of the earliest and clearest voices in the empathy dialogue. Roots of Empathy, its flagship program for elementary school children, has reached over 1 million children on four continents in multiple languages and is proven by 2 decades of independent research to reduce aggression/bullying and increase prosocial behaviour. Its sister program, Seeds of Empathy, is offered to children in early learning and childcare centres.

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YEAR ESTABLISHED	CHILDREN REACHED	COUNTRIES