

Sammi's Project Promise

Start screen



Visual Description:

Sammi's Project Promise. Star shaped character floating next to Dot, character standing at a school desk.

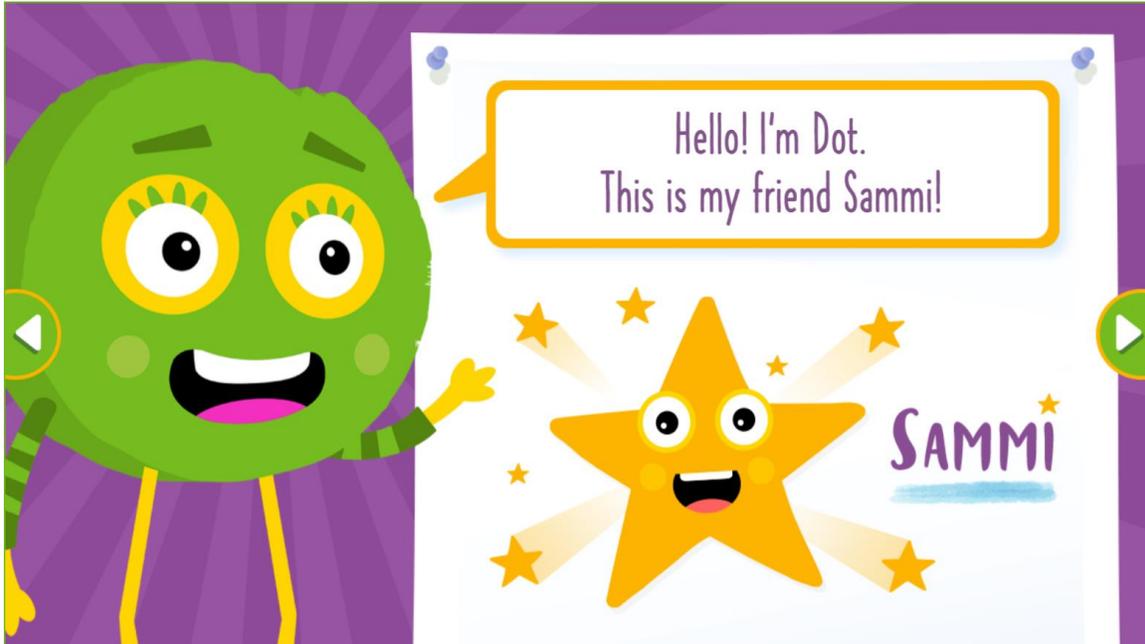
Audio:

None

Interactions:

None

Introduction



Visual Description:

3 scenes that change as audio is heard. Dot is standing to the side as scene changes. Starts with introducing Sammi the star, then Dot on basketball court without Sammi, finally, Sammi over Malik in classroom. Sammi, Malik and Dot are all sad. Text that corresponds to audio.

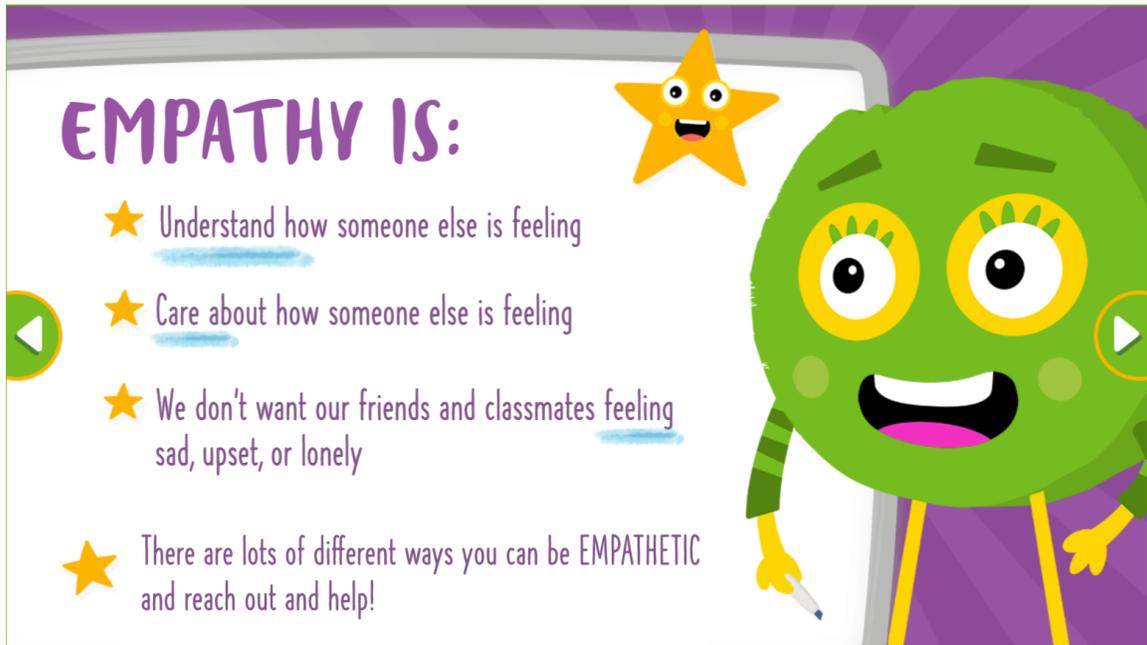
Audio:

Hello! I'm Dot, and this is my friend Sammi! Sammi the Star. Maybe you've seen me around before, and maybe you've noticed that my friend Sammi isn't always with me. Sammi only appears to let us know that there is a person or situation which we should be feeling empathy for. Do you know what empathy is?

Interactions:

None

Empathy defined



Visual Description:

Dot and Sammi beside text that corresponds to audio.

Audio:

Empathy is when you understand how someone else is feeling. Once you're able to understand how someone else is feeling, having empathy means you *care* about their feelings, too. We care how other people are feeling because we don't want our friends and classmates feeling sad, upset, or lonely. Once you understand and care about someone else's feelings, a great additional thing to do is to respond by reaching out and helping. There are lots of different ways you can be empathetic and reach out and help.

Interactions:

None

Start with Hello steps



Visual Description:

Text that corresponds to audio.

Audio:

Using the three “Start With Hello” steps is a great way to be empathetic. Remember, the three steps are:

1. See Someone alone
2. Reach Out and Help
3. And Start With Hello

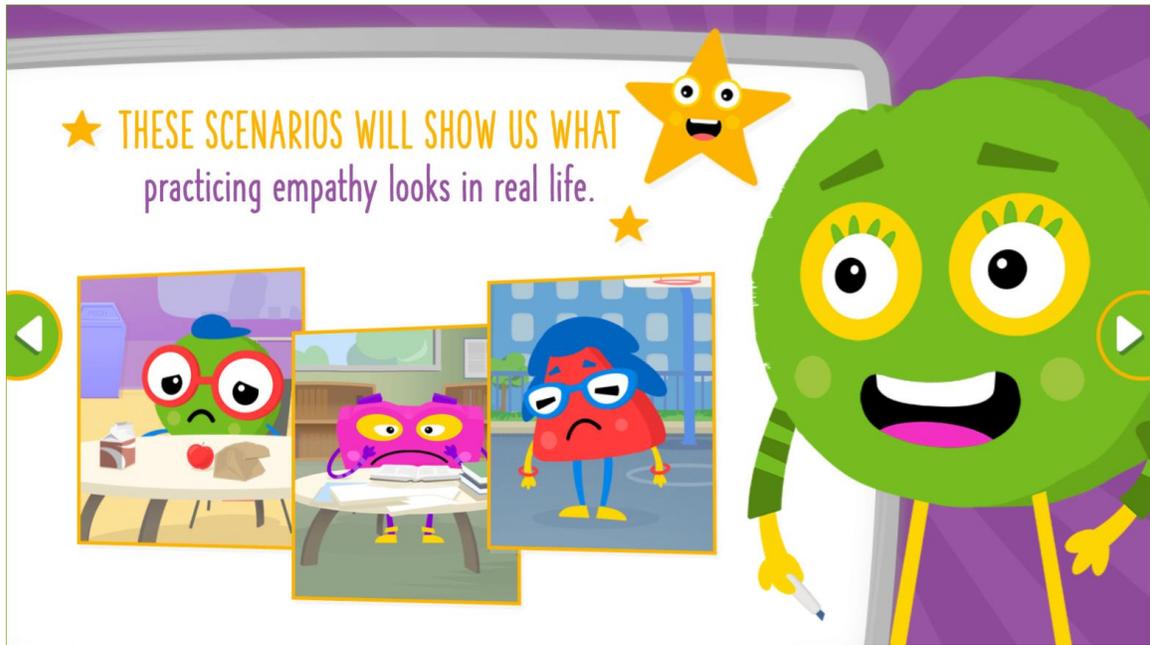
When we see someone alone, and we care about how they’re feeling while they’re alone, that’s empathy!

Using the three Start With Hello steps is a great way to express empathy and be an empathy all-star!

Interactions:

None

Scenario introduction



Visual Description:

Text that corresponds to audio. Then shows three characters alone that are sad.

Audio:

Empathy is a big concept, but it's an important word to understand. To help you understand it better, let's explore three different scenarios. These scenarios will show us what practicing empathy looks in real life.

Interactions:

None

Lunch



Visual Description:

Two tables of kids. One table has three students sitting together looking happy. The other has one student, Carlos, sitting alone looking sad.

Audio:

First, let's imagine you're in the cafeteria eating lunch. You notice that Carlos is eating alone.

Carlos thinking to himself: *"I hate eating alone every day. I wish I had someone to talk to."*

Remember, being empathetic includes understanding and caring about how someone else is feeling and then following up by reaching out and helping.

Interactions:

None

Lunch - 2



Visual Description:

Carlos sitting at a table alone with choices available to select.

Audio:

What do you do? Choose the most empathetic response that best uses the three Start with Hello steps.

- A. Hmm...Carlos should get up and go sit with someone so he doesn't have to sit alone.
- B. Oh no! It looks like Carlos is sitting alone. I've had to sit alone before and didn't like it. I think I'll go over and say "hello" and keep him company.
- C. It looks like Carlos is sitting alone again. I hope someone offers to eat lunch with him.

Select your response. Then, select submit.

Interactions:

Select the correct response. Feedback given:

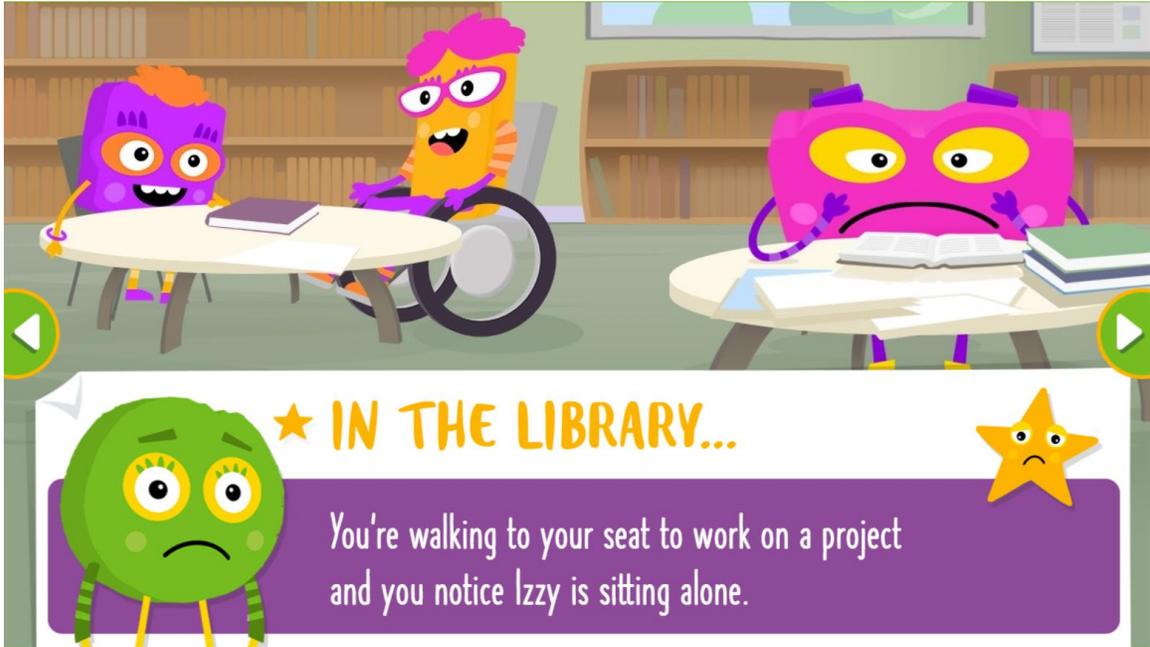
A: Hmm...not quite. This response doesn't show that you were able to

understand how badly he is feeling. Once you're feeling empathetic, another important part is how you respond. This choice didn't include reaching out and helping Carlos. Let's look at the scenario again.

B: Great choice! Your response shows empathy because you were able to understand how Carlos was feeling. You cared that Carlos was sitting alone, and you responded by reaching out and sitting with Carlos.

C: This response isn't the best. Try taking a moment to understand how Carlos might be feeling. Put yourself in his shoes and then try again.

Library



Visual Description:

Two tables of kids. One table has two students sitting together looking happy. The other has one student, Izzy, sitting alone looking sad.

Audio:

Now, picture yourself in the library at your school. You're walking to your seat to work on a project and you notice Izzy is sitting alone and looks upset. Izzy thinking to herself: "Ugh, I am so stressed out. How am I ever going to get everything done?" You decide to wave and walk over to her. As you do, Izzy lets out a heavy sigh and tells you she's having a bad day. Her teachers are pressuring her to complete her overdue homework assignments, and her mom was upset this morning because Izzy didn't finish her chores.

Interactions:

None

Library - 2



Visual Description:

Izzy sitting at a table alone with choices available to select.

Audio:

How do you respond? You've already started with a wave, but choose the most empathetic response that best integrates the second start with hello step: reach out and help.

- A. I'm sorry to hear that, Izzy. We better not make too much noise in the library though.
- B. I'm sorry to hear that, Izzy. I understand how hard it can be to focus on your homework when you're having a bad day. I'd love to listen more. Let's hang out at recess today and you can tell me about it. After, we can play kickball!
- C. Shh! We shouldn't be talking while we're in the library.

Select your response. Then, select submit.

Interactions:

Select the correct response. Feedback given:

- A. Great job! Your response shows empathy because you understood how difficult it was for Izzy to feel discouraged. You showed you cared by telling Izzy you want to listen more, and you reached-out to Izzy and tried to help her feel better by inviting Izzy to talk and play at recess. Listening is an important part of empathy!
- B. Almost! But not quite. You showed you care about Izzy's feeling by replying kindly, and it's great you care about being respectful of others while in the library. But let's look for the empathetic response that also includes reaching out and helping Izzy feel better.
- C. Not quite. It's great that you're trying to follow the library's rules, but this response doesn't show empathy. Choose the response that shows you understand and care about Izzy's feelings. Also, look for a response that involves action to help Izzy feel better. Let's try again.

Recess



Visual Description:

Outside playground. Two kids playing on the monkey bars, Zoe to the side by herself, looking sad.

Audio:

You're playing a game with friends at recess when you notice a group of kids making fun of Zoe. They're saying she's too little to play on the monkey bars. Zoe talking to herself "I really want to play on the monkey bars with the other kids. I feel so alone without anyone else to play with."

Remember: Being empathetic includes understanding and caring about how someone else is feeling and then following up by reaching out and helping.

Interactions:

None

Recess - 2

HOW DO YOU RESPOND? Choose the most empathetic response that also uses the three Start With Hello steps.

- ★ Poor Zoe. I've been picked on before, and it really hurt my feelings. I'm going to go give Zoe a high five and ask her to play a different game with us.
- ★ That's not very nice. I wish they wouldn't laugh at Zoe.
- ★ Hmm...maybe Zoe will be better at the monkey bars when she gets older.

★ SUBMIT ★



Visual Description:

Zoe standing alone with choices available to select.

Audio:

How do you respond? Choose the most empathetic response that also uses the 3 Start with Hello Steps.

- A. Poor Zoe. I've been picked on before, and it really hurt my feelings. I'm going to go give Zoe a high five and ask her to play a different game with us.
- B. That's not very nice. I wish they wouldn't laugh at Zoe.
- C. Hmm...maybe Zoe will be better at the monkey bars when she gets older.

Select your response. Then, select submit.

Interactions:

Select the correct response. Feedback given:

- A. Awesome response! Your empathetic response shows that you care about how Zoe is feeling but also that you understand how she is feeling because you've been picked on too. Asking her to play a game with you was a great way to reach out and help after you chose to respond with empathy!
- B. Almost, but not quite. It's clear you care about Zoe's feelings which is great! But remember, it's also important to reach-out and help when students are alone or feeling lonely. Try putting yourself in Zoe's shoes and then choosing another response. Let's try again.
- c. This time choose a response that shows you understand how Zoe is feeling, and that you care that others are making fun of her. Also, be sure to pick a response where you reach out and help Zoe.

Scenario recap



Visual Description:

Dot and Sammi with text that corresponds to audio.

Audio:

Great job working through those empathy scenarios! You now have a better understanding of what empathy is and how you can be empathetic to others! The great thing is that you can practice empathy in all areas of your life...not just in the cafeteria, the library, or at recess.

Interactions:

None

Start with Hello 3 steps to respond



Visual Description:

Text that corresponds to audio.

Audio:

If you're ever in a situation when you're not quite sure how to respond, here are 3 steps to help you.

1. See Someone Alone
2. Reach Out and Help, and
3. Start with Hello!

Interactions:

Select each step to learn more about it:

1. The first step is to See Someone Alone, just like you did when you noticed that Carlos, Izzy, and Zoe were feeling alone, left out, or excluded.
2. Once you See Someone Alone, the second step is to Reach Out and Help. There are lots of ways you can reach out and help. You can help

by inviting them to play a game, sitting with them at lunch, or just listening when they're having a bad day.

3. If you're ever not sure how to help, remember step 3...Start with Hello! You can say, "Hello!" "Hey!" or "What's up!". Or, you could try saying hello in another language like "Hola" "Kon'nichiwa" "Nǐ hǎo" "bonjour" and "ciao" just to name a few. You can also wave or offer a high five. The important thing is that you're doing your part to help someone else feel less alone.

Sammi's project promise challenge



Visual Description:

Dot and Sammi with text that corresponds to audio.

Audio:

The scenarios with Izzy, Carlos, and Zoe helped you practice being empathetic and applying the 3 Start with Hello steps. Now let's think about ways we can use it in our real lives. Sammi and I have a fun challenge for you.

We want you to pick a Promise Challenge to try out this week. You can complete a Promise Challenge in your classroom, at recess, in the cafeteria,

or anywhere else where you might see someone who could use a friend!
Let's take a look at the Promise Challenges together.

Interactions:

Try all the Promise Challenges!

- Promise Challenge #1: This week I promise to ask 1 new person to play a game with me at recess.
- Promise Challenge #2: This week I promise to learn something a new student or a student I don't know very well.
- Promise Challenge #3: This week I promise to eat lunch with someone different.

Additional Promise Challenges

- Promise Challenge #4: This week I promise to ask someone how they're feeling if they look down or upset.
- Promise Challenge #5: This week I promise to try out a new Hello Style to start a conversation with someone I don't normally talk to.
- Promise Challenge #6: This week I promise to teach someone about the 3 Start with Hello Steps.
- Promise Challenge #7: This week I promise to practice empathy by trying to understand and care about how someone else is feeling.
- Promise Challenge #8: This week I promise to listen to someone who might be having a bad day.
- Promise Challenge #9: This week I promise to grow my courage by helping someone even if it makes me a little uncomfortable.
- Promise Challenge #10: This week I promise to ask someone new to be my partner in class.
- Create my own promise challenge!

Feedback: Print this list to try them whenever you want! You can also share these with other kids, teachers, or parents. If you don't have a printer, write down the Promise Challenge you selected so you remember what you have promised to do this week.

Recap



Visual Description:

Dot and Sammi with text that corresponds to audio. Transitions to show Izzy, Carlos and Zoe looking happy.

Audio:

Awesome work! Sammi's so proud of the way you showed empathy today and excited that you're going to continue practicing empathy with others!

Today, we learned about empathy, practiced empathy in 3 different scenarios, reviewed the 3 Start with Hello Steps, and chose a Promise Challenge to practice this week!

Remember, being empathetic is a great way to help others feel more included, and if you're ever not sure where to start, you can always just Start with Hello.

Interactions:

None