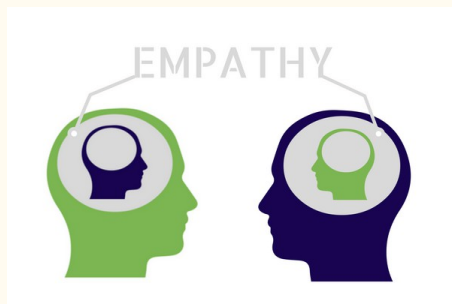
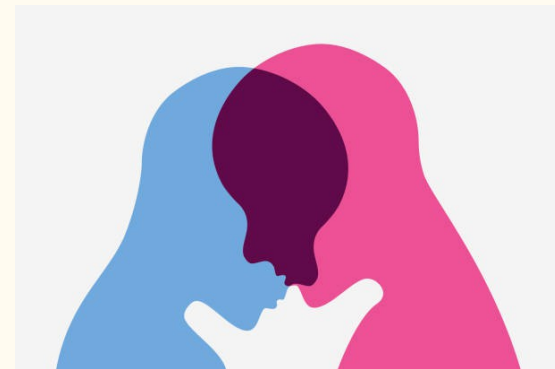
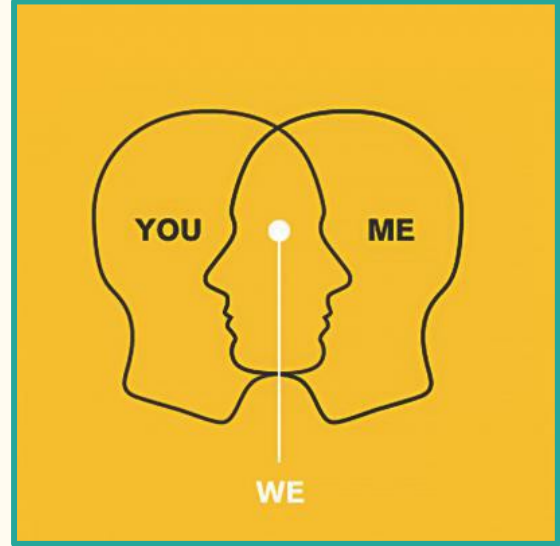


EMPATHY



What is Empathy?

- The term “**empathy**” is used to describe awareness of the feelings and emotions of other people
- It is how we **as individuals** understand what **others are experiencing**
- Empathy is the key element of **emotional intelligence** that connects self and others

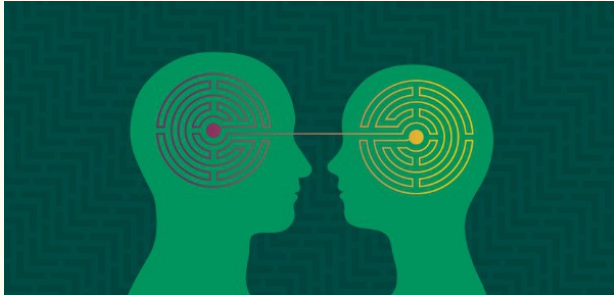


Types of Empathy

Cognitive empathy- simply knowing how the other person feels and what they might be thinking.

Emotional empathy- when you feel physically along with other person.

Compassionate empathy- with this kind of empathy we not only understand a person's feelings, but also we are spontaneously moved to help if needed.



Levels of Empathy

Personal

Community

Society

Global society



Personal Empathy

- The essential level of empathy from which it all begins
- Personal empathy includes all types of empathy

Video link:

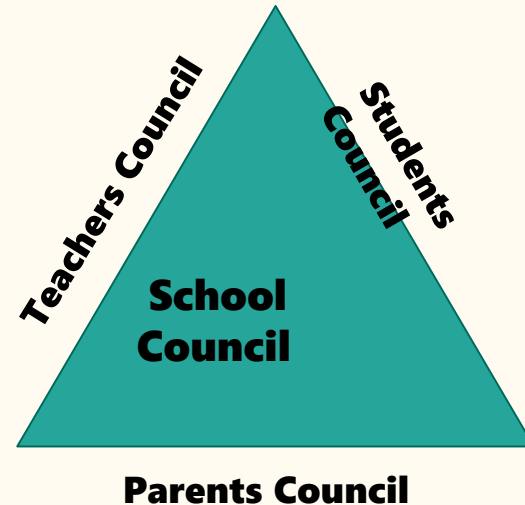
https://www.youtube.com/watch?v=1Evwgu369Jw&ab_channel=RSA

https://youtu.be/jYc6PmHI_Y8



Empathy in Community

- Administration system - empathy for every community member
- School musical - every student is involved.
- Supporting events, initiatives for India, Armenia Waldorf schools



School musical "Snow Queen"



Video link : <https://youtu.be/ThNdVZK7zn0>

Empathy in Society

In order to achieve some goals between countries, to create modern and peaceful nation it is necessary to feel empathy for the other and one's own nation people.

The war in the Ukraine is an example of empathy on the level of society- the whole world is supporting them on the material, financial, economical, mental and moral level. Lithuania is one of the countries that provides proactive support to the Ukraine.

Over 10 million euros were donated by
Lithuanians during the first two weeks.



Empathy in Society

Lithuanian students are doing bandages for the Ukrainian soldiers and civilians. Our school is one of the local communities that proactively contributes to the humanitarian help for the Ukrainian people by delivering the medicaments, clothing, other basic commodity and basic necessity things.



Global Empathy



- Victoria secret introduced a model with down syndrome
- For the first time, cultural institutions are adapted for the disabled
- The Paralympic Games are designed to include people with disabilities in the sport
- Most of the states have organizations or projects that provides integration for people with disabilities

Empathy is the key to a healthy, productive, compassionate society. This is a long-term goal for every generation.

Let's practice it !

The interactive task: Angel the Guardian