

Regeneration

Young Minds Repairing The World.



LESSON PLAN WITH MIDDLE SCHOOL STUDENTS



Lesson plan on **empathy** with middle school students



Objective: To develop understanding and practice of empathy towards others.



Materials: Chart paper, markers, index cards

Procedure:

Introduction: Ask students to define empathy and write the definition on chart paper.

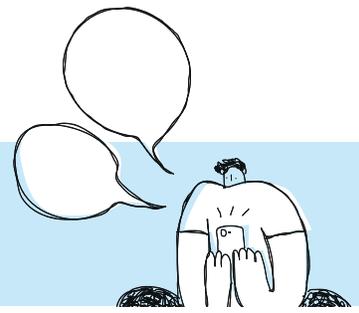
Group activity: Divide students into small groups of 4-5 students. Give each group an index card with a scenario written on it. Ask students to put themselves in the situation described in the scenario and discuss how they would feel and respond.

Whole group discussion: Ask each group to share their scenario and the responses they came up with. Encourage discussion and active listening among all students.

Empathy Walk: Instruct students to walk around the room, silently observing their classmates. After a minute, ask them to choose someone they would like to show empathy to and make a mental note of what they observe about that person. Have students return to their seats and close their eyes. Ask them to imagine themselves in the shoes of the person they chose, and think about what that person might be feeling.

Debrief: Ask students to share their observations and empathy experiences. Discuss the importance of empathy in our daily lives and how it can positively impact relationships.

Lesson plan on **privilege** with middle school students



Objective: To raise awareness of privilege and its impact on society.



Materials: Chart paper, markers, index cards

Procedure:

Introduction: Ask students to define privilege and write the definition on chart paper.

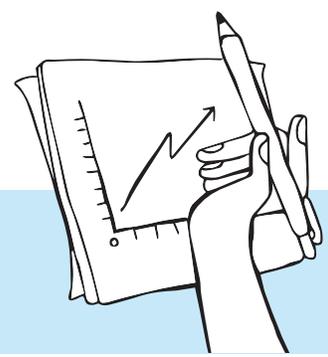
Class discussion: Ask students to think about and share examples of privilege they have experienced or witnessed. Write their responses on chart paper.

Group activity: Divide students into small groups of 4-5 students. Give each group an index card with a privilege related scenario written on it. Ask students to discuss how the scenario demonstrates privilege and how it might impact individuals and society.

Whole group discussion: Ask each group to share their scenario and the discussion they had. Encourage open-mindedness and active listening among all students.

Debrief: Discuss the role that privilege plays in our lives and how it affects opportunities and outcomes for different individuals. Emphasize the importance of recognizing and combating privilege in order to create a more equitable society.

Lesson plan on **sustainability** with middle school students



Objective: To understand the importance of sustainability and identify ways to promote sustainability in daily life.



Materials: Chart paper, markers, images or videos related to sustainability.

Procedure:

Introduction: Ask students to define sustainability and write the definition on chart paper.

Class discussion: Show students images or videos related to sustainability and ask them to discuss the impact of human actions on the environment.

Group activity: : Divide students into small groups of 4-5 students. Ask each group to research and discuss one aspect of sustainability, such as waste reduction, energy conservation, or environmentally responsible purchasing.

Whole group discussion: Ask each group to present their findings and share ways in which they and their families can promote sustainability in their daily lives. Encourage discussion and active listening among all students.

Debrief: Discuss the importance of sustainability and the role that each individual can play in promoting sustainability. Emphasize the need for collective action in order to create a more sustainable future.