

Week Eighteen

Week Eighteen invites students to explore the power of empathy, the ability to imagine how others feel and respond with care. Through playful role-play, imaginative crafts, mindful movement, and reflective art, children practise stepping into someone else's shoes (aka space boots!). Guided by Neptune's swirling skies and emotional depths, this week teaches that true strength comes from kindness, listening, and understanding others with our eyes, ears, and hearts.

Learning Intentions

Empathy & Emotional Awareness

- *Walk in Their Space Boots* allows students to role-play different emotions and respond with care.
- *Heart Glasses Craft* encourages perspective-taking and viewing the world through kindness.

Mindful Movement & Social Connection

- *Mirror Me* strengthens non-verbal empathy and presence.

Compassionate Expression & Creative Reflection

- *Caring Boots* enables students to visualise the impact of kind actions through art.

Success Criteria

Walk in Their Space Boots ensures students can:

- Step into a pretend role and share imagined feelings.
- Respond with kind, understanding words.
- Listen closely and take turns with care.

Heart Glasses Craft helps students to:

- Create and decorate wearable symbols of kindness.
- Explain what it means to “see with kindness.”
- Use the glasses in role-play and caring interaction.

Mirror Me ensures students can:

- Copy movements with calm, gentle attention.
- Swap roles respectfully and enjoy shared focus.
- Stay present and move with awareness.

Caring Boots helps students to:

- Trace and decorate their feet or shoes on paper.
- Illustrate kind actions they can take.
- Reflect on walking through life with empathy.



Activity 1: Walk in Their Space Boots

Duration: 10–15 minutes

Objective:

To support students in imagining the experiences of others, using pretend boots to role-play feelings and practise caring responses. Neptune teaches us that understanding deep emotions starts with truly listening and stepping into someone else's perspective.

Gameplay:

- Read the Neptune page and discuss what empathy means.
- In pairs, students select or pretend to wear imaginative boots.
- One pupil acts out a scenario (e.g., nervous at school, dropped ice cream), while the other listens and responds with kind words.
- After one round, switch roles and share experiences.

Reflection Prompt:

- What did it feel like to be in someone else's boots/shoes?
- How can we support a friend when they feel upset or left out?

Activity 2: Heart Glasses Craft

Duration: 15–20 minutes

Objective:

To help students explore empathy by making and wearing heart-shaped glasses that represent seeing others with kindness and care. Like Neptune's skies, the glasses invite us to look deeper into others' feelings.

Gameplay:

- Trace or cut out glasses frames and add heart-shaped lenses.
- Decorate with colours, patterns, and symbols of kindness.
- Students wear their glasses and role-play kind acts (e.g., complimenting a friend, offering help).
- Use phrases such as:
- "What does the world look like through heart glasses?"
- "How can we see someone who needs a friend?"

Reflection Prompt:

- How do your heart glasses help you see others differently?
- What type of kindness did you notice or imagine while wearing them?

Activity 3: Mirror Me

Duration: 10–15 minutes

Objective:

To build empathy through physical mimicry, using calm, focused movement to practise attentiveness, respect, and connection. Neptune's quiet storms remind us that empathy doesn't always need words; presence and care are enough.

Gameplay:

- Pair students and assign one leader and one mirror.
- The leader makes slow, gentle movements; the mirror copies.
- Encourage soft gestures, facial expressions, and focus.
- Swap roles after 1–2 minutes and repeat for several rounds.
- Reflect as a group on what it felt like to be seen and followed.

Reflection Prompt:

- How did it feel to be the leader? The mirror?
- What did you notice about your partner when you paid close attention?

Activity 4: Caring Boots

Duration: 15–20 minutes

Objective:

To inspire students to take kind steps in their daily lives by visualising caring actions they can take and designing their own "empathy boots." Neptune shows us that our actions, no matter how small, leave footprints of kindness behind.

Gameplay:

- Students trace their feet or shoes on large paper.
- Decorate their "boots" with colours, stickers, or drawings.
- Inside each boot, write or draw kind actions they can take.
- Share one way they will walk with empathy this week.
- Create a classroom display called "The Kindness Walk" if desired.

Reflection Prompt:

- Where will your boots take you this week?
- What's one kind action your empathy boots will help you do?

Conclusion:

Week Eighteen is a beautiful reminder that empathy is one of the most powerful tools we can offer one another. Through role-play, imagination, movement, and heartfelt expression, students learn how to connect, listen, and act with compassion. Neptune teaches us that understanding deep emotions helps us calm storms in others and in ourselves. This week's activities nurture a culture where kindness leads the way and every pupil walks gently through the lives of others.