

Roots of Empathy

For what age?	At what level?
Primary school	Universal and whole class.

What is Roots of Empathy?

Roots of Empathy is an experiential evidence-based classroom program for primary school children that has shown significant effect in reducing levels of aggression and bullying among school children while raising social and emotional competence and increasing empathy.

It is now delivered in 11 countries and has reached nearly 1,000,000 children worldwide. Over the past eight years, Roots of Empathy has reached more than 63,000 children in the UK.

How does it help children?

Certified Roots of Empathy instructors create a safe environment in which:

- Children identify the baby's feelings by observing their actions and expressions
- Children use those observations to identify and reflect upon their own feelings.
- Children listen to the thoughts and feelings of their classmates and develop empathy – understanding and caring about how others feel.
- Empathy helps children connect more to themselves and others. The classroom, a microcosm of society, becomes a participatory democracy where everyone's voice is heard and respected.
- Children develop emotional literacy which is a first and essential step in learning how to regulate emotions. Children gain further experience in self-regulation as they observe the mother regulating the baby's emotions. At the end of the year this change from within results in an increase in self-regulation, resilience and wellbeing.
- Children gain knowledge about baby development and how to keep babies safe.

How do we know it works?

Research over two decades consistently shows that Roots of Empathy:

- Significantly reduces aggression and bullying – Applied to all the children that will participate in Roots of Empathy, on average it is expected that the programme will reduce the number of pupils fighting by approximately 50%. This is particularly significant given that the pupils in the control classrooms show increases in aggression across the school year.
- Significantly increases prosocial behaviours (e.g. sharing, caring, kindness, helping and including)
- Impacts last over time.
- An increase in knowledge of parenting.

“Roots of Empathy models key principles for learning empathy that can be used by anyone who wants to be more

empathetic or help their children become that way.” - Dr. Bruce Perry, Senior Fellow, The Child Trauma Academy

What do children say?

It doesn't matter where ever you are, whoever you are, we are all the same inside. We all need the same care.

Roots of Empathy can teach the world to look after our babies and grow them in to kind healthy adults.

Roots of Empathy can teach the world how everyone feels. No matter what race or culture you are from you still deserve to be treated the same.

How can I access training?

Contact Katie Cohen Roots of Empathy manager for England and Wales via:

kcohen@rootsofempathy.org

Please visit their website for more information:

- [Roots of Empathy website](#)

What do teachers say?

Children seem to be able to cope with aggression in social situations better; they speak about it rather than act.

Roots of Empathy has helped the children in my class talk about their experiences and make sense of their feelings. The children have become more empathetic and empathy will help them build stronger relationships with others.

Children in the class are much more positive in working and play and engage in far fewer verbal and physical altercations as well as show more understanding of those who still struggle with this.