



Year Four: Cultivating Empathy

***Cultivating Empathy* offers a framework to develop emotional literacy, moral courage, and social and emotional intelligence in children.**

This curriculum is developed specifically for fourth grade students using national and state academic and arts standards as guidelines and objectives. *Cultivating Empathy* may best be used as the fourth year of the **artsee** Four Year Curriculum, but can have equally substantial results when used alone.

In the *Cultivating Empathy* curriculum, the core competencies of empathy are explored over eight lesson themes which are repeated over 18 lessons with each art medium; *drama, dance, and visual arts*. Developed and executed through our arts-based approach, each lesson provides opportunities to equally build academic, artistic, and social-emotional skills. These skills are then evaluated using a comprehensive 3 point rubric scale. The *Toronto Empathy Scale* is used as a pre and post assessment to evaluate the change in knowledge and skills as related to empathy over the course of the year.

Artsee is a four year, arts-based curriculum focused on building grit and resilience while cultivating regulation, agency, self efficacy, and empathy. The curriculum is designed for delivery to children in first through fourth grades. 45 minute lessons are formatted in a structure that provides predictability and consistency while following the natural organization of the brain. Creative explorations are used as metaphors to practice and develop social, emotional, and academic skills and interpersonal interactions. It is encouraged that students be given opportunities to apply skills practiced in class to real life situations throughout other portions of the program or school time. The curriculum features a heavy emphasis on celebration and invites family members, friends, and community members to participate in recognizing the accomplishments of students. All lessons were designed to be led by experienced teaching artists, but an initial 20 hour training in **artsee's** specific teaching methodology is required with ongoing support for teaching artists provided.