

MindUP Lesson 10

Perspective Taking

Grades: 3-5

Lesson 10: Perspective Taking is the tenth video in a virtual series of MindUP programming for the 2020-2021 academic year. Based in neuroscience, MindUP teaches the skills and knowledge children need to manage stress, regulate emotions and face challenges with optimism, resilience and compassion.

Length of Lesson: 8 minutes including worksheet

Objectives: In this lesson, students will learn how to build healthy relationships with others through having an open mind. They will practice looking at different points of view and understanding different perspectives.

Materials:

- Perspective Taking worksheet
- Pen or pencil

Preparation: Have child sitting at a desk or table before starting the lesson.

Perspective Taking:

Perspective taking allows us to understand that there is more than one way of thinking about different behaviors, events and situations. This skill can be used on a global scale by being able to communicate and share resources with other people and cultures. Perspective taking has social benefits like reducing conflict amongst children, facilitating group work and creating an inclusive peer community. Like the previous lessons, it takes practice to develop this skill. Below are some activities you can do at home to practice perspective taking.

- Show your child pictures of different parts of the world. Have them compare these parts of the world to where they are currently living. They can point out similarities and differences between the two places. This is an activity that can be used to empathize with those who seem to have different lives or values by recognizing the similarities and differences.
- Gather pictures or get a book that contains faces that display a variety of different emotions like happy, sad, mad or confused. Have your child go through each image and think about what that person might be saying or what they think made them feel that emotion. Reading faces is a perspective-taking skill that can help people build empathy toward others.

REFERENCE

- The Hawn Foundation. (2011). *The MindUP Curriculum Grades 3-5: Brain-Focused Strategies for Learning and Living* (pg. 102-109). New York, NY: Scholastic

