



LESSON 1:

Perspective Taking

Student Outcomes

Students will be able to:

- Describe what perspective-taking means using the self-awareness model.
- Practice perspective-taking.
- Cite behaviorally specific similarities and differences in perspectives.
- Cite personal benefits from taking other people's perspectives.

CSED/ SEL Model Standards

SEL

- Moral Character
- Performance Character
- Intellectual Character
- Self Awareness
- Self Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

Educator Prep

- Identify a scenario that has multiple perspectives, and is relevant to your students. For example: a "no cell phone" policy in school.
- List the following characters on the board, or choose characters that relate to your scenario: a principal, teachers, students, parents, police officers, news media, small-business owners, high school students in the next town, middle school students, etc.
- Preview the instructions for the small group activity in today's lesson.
- Combine groups of four students. Have students stand instead of moving desks around.

Lesson

“Welcome to our first Mindful Minute. A mindful minute is an opportunity for us to become present in the here and now and have awareness of our thoughts so that we can begin to understand what our thoughts are and become empowered. Being present is the first step to being able to thoughtfully respond to what happens in your life and supports the work we will be doing to be able to Choose Love as a thoughtful response. We will begin each lesson with a Mindful Minute!”

Mindful Minute. “Find a comfortable position to sit or stand during our Mindful Minute. Close your eyes and focus your attention on your thoughts for one minute. Without trying to change them, just notice what thoughts come into your head.”

“When you take someone else’s perspective, you try to think about what they might be thinking, feel what they might be feeling, consider what they might want, and understand their experiences and reactions. How do you think taking another perspective might benefit you?”

“Each person will choose a character from the board. In groups of four, take turns sharing what you think your character’s perspective is on the following scenario—why they might be for it, against it, or indifferent to it.”

Use a scenario that is relevant to all ages. Examples might include:

- Your school wants to implement a “no cell phone policy” during school hours.
- Your town is voting on whether or not to extend a highway through a park or nature preserve.
- Your class is fundraising to make a scholarship for students who want to attend college.

Characters: a principal, teachers, students, parents, police officers, news media, small-business owners, high school students in the next town, middle school students, corporate executives, etc.

“What were some of the similarities in perspective your characters had? What were some of the differences in perspective your characters had?”

Guide students to consider specific similarities and differences such as: content of what was said, the way things were said, culturally relevant aspects of what was said, thoughts, feelings, positions, needs, interests.

Have someone paraphrase some of the benefits of perspective-taking.

“Think of some arguments, disagreements, or issues you’ve had with others. How could perspective-taking have helped the situation? It can be challenging to get along with others when they have different opinions or approach things differently than we might.”

“It takes courage to find ways to connect with others in positive ways. When we see different perspectives and put ourselves in another’s shoes, we can find some ways to come together and get along. On Google Classroom, take a few moments to reflect on what we’ve learned today”

Social Media Extension

Select a topic relevant to your class and school community. Ask students to post examples of different perspectives related to the topic on your class page. Invite students to include friends that are not in their class as well as family members to get different perspectives on relevant topics.

Teacher Toolbox

Cue students to apply multiple perspectives to other areas of their life. Remind them of the benefits of taking multiple perspectives. Ask students if there are any perspectives that tend to get left out of conversations.