

DEEPENING EMPATHY WITH INDIGENOUS PERSPECTIVES

A COMMUNITY OF PRACTICE EXPLORING
EMPATHY IN EARLY CHILDHOOD



PARTICIPANT IMPACT



My understanding of how to support empathy and honor another's experience has grown, especially with an Indigenous perspective in mind. **I have learned new ways of being, communicating, and showing up.**

This CoP reignited my passion for deepening empathy by broadening the scope of my understanding of how empathy has been central to Indigenous cultures since time immemorial. **It has been a powerful shift in my life.**



I have never been involved in a CoP, and I have enjoyed learning in a very natural and group oriented space. Our process was very **affirming, life giving and life getting, connected, and authentic.**

I think that fear of incorporating a two-worlds approach in an insensitive or inappropriate way prevented me from exploring this approach in the past. **Building a community** around this topic and learning from people of Indigenous culture has **increased my confidence** so much and I feel so much more confident that I can and should utilize a two-worlds approach in my work.



This is what I have been looking for, it has opened my world to a culture that I respect and so fully want to understand.

When we think about empathy, we embody empathy.

Therefore, as we continue to teach it, we will have it on our mind and heart as we go about our interactions with children, adults, ourselves and our world.

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I have been working at listening more deeply to my students when conflicts arise and holding space for the spectrum of the big feelings each child brings from day to day. I have been **validating feelings** in ways I have not in the past. As such I have developed a **deeper more trusting relationship** with one student in particular, and **he has blossomed** in part from it.

The CoP has me constantly asking myself, "How can I show empathy in this moment?" As soon as I think this thought, **my actions adjust to make way for more empathy.**

This kind of work brings people together, acknowledges community and the collective and seeks to support all people. I think when we can come together in these ways to learn and both listen closely and use our voices intentionally, **great learning and understanding can happen.**

