

Fostering Empathy in Practice

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What is Humane Education?

“Humane education explores how we might live with compassion and respect for everyone: not just our friends and neighbors, but all people; not just our own dogs and cats, but all animals; not just our own homes, but also the earth itself, our ultimate home.”

Zoe Weil

Concentrations of Humane Education

- Education
- Animal Protection
- Environmental Ethics
- Human Rights/Social Justice



Best Qualities

- Empathy
- Kindness
- Honesty and Trustworthiness
- Curiosity
- Courage
- Generosity
- Perseverance, Self-Discipline, Restraint
- Humor and Playfulness
- Wisdom
- Integrity
- Willingness to Choose and Change

THE 4 ELEMENTS OF HUMANE EDUCATION

created by the Institute for Humane Education

Humane education prepares people to be solutionaries who understand the connections between human rights, animal protection, and environmental preservation, and who have the knowledge, tools, and motivation to create a better world for all.

To ensure that people have the skills and experiences to be effective solutionaries for a more just, humane, and healthy world, humane educators must enable others to:



ACQUIRE KNOWLEDGE:

by preparing them to be enthusiastic and effective researchers who are able to obtain accurate information about interconnected global challenges and discern fact from opinion and conjecture.

THINK DEEPLY:

by developing their critical-, creative-, strategic-, and systems-thinking skills.



MAKE COMPASSIONATE AND RESPONSIBLE CHOICES:

by fostering wonder and appreciation for the natural world; empathy for people and animals; and a commitment to doing the most good and least harm.

FOCUS ON SOLUTIONS:

by offering opportunities to collaboratively engage in problem-solving; implement ideas; and assess and improve upon them.



 Institute for
Humane Education

FIND OUT MORE
ABOUT HUMANE
EDUCATION:

humaneeducation.org

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<https://humaneeducation.org/blog/2016/essential-elements-humane-education/>

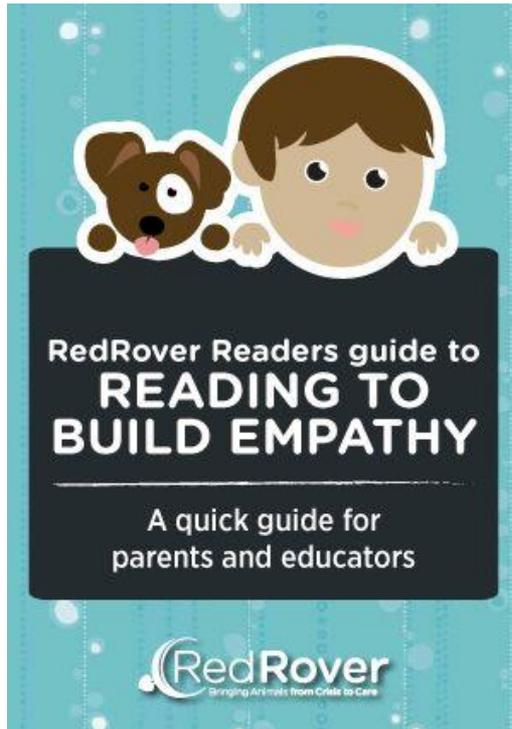
Fostering Empathy

- Model empathy for animals and embed this into your programming.
- Help students learn to recognize and understand their own emotions.
- Cultivate a sense of wonder, awe, and appreciation.
- Help students take other perspectives.
- Share stories.
- Provide repeated opportunities for practice, reflection and compassionate action.

City Critters



City Critters



Fostering Empathy for Animals

Empathy is the ability to understand another person's or animal's experiences from their perspective. It's being able to place yourself in someone else's shoes/paws and mirror what they are feeling which, in turn, is known to increase prosocial, or helping, behaviors. While it can be more innate for some of us, empathy is actually a learned behavior.

One way to nurture empathy in children is through stories, which can help them process thoughts and information. Stories allow us to try on different hats, try out new experiences, think through future actions and help us develop our moral compass – all of which can be done from the comfort of our own home.

At the Detroit Zoological Society, we incorporate stories into a number of our programs. We seek out stories that highlight people helping animals and books that help us explore the world around us from an animal's perspective.

If you're looking for books that can help foster empathy for animals, you can find a good selection via RedRover (redrover.org/books/) and Humane Education Advocates Reaching Teachers (teachheart.org/animal-issues-books-for-youth/).



While reading books with children, you can encourage thoughtful reflection by:

- Exploring different perspectives.
- Asking questions. (How do you think the character feels? Have you ever felt that way? How might you respond if you were in that situation? What would you do if...? Why?)
- Listening and accepting each answer without judgment.
- Modeling. Talk through your reactions to the book and steps you would take to help decide what you think would be the right thing to do.

After reading a story, you can continue to build empathy by taking action. For example, you can pair *Stranger in the Woods*, a beautiful picture book about local wildlife, with making a wildlife-friendly snowperson. After reading *How to Heal a Broken Wing*, a book about helping an injured bird who flew into a window, you can make window decals to help prevent bird collisions.

Fostering empathy in children can start at a young age. Together, we can help instill values of walking softly and treating the Earth's creatures gently.

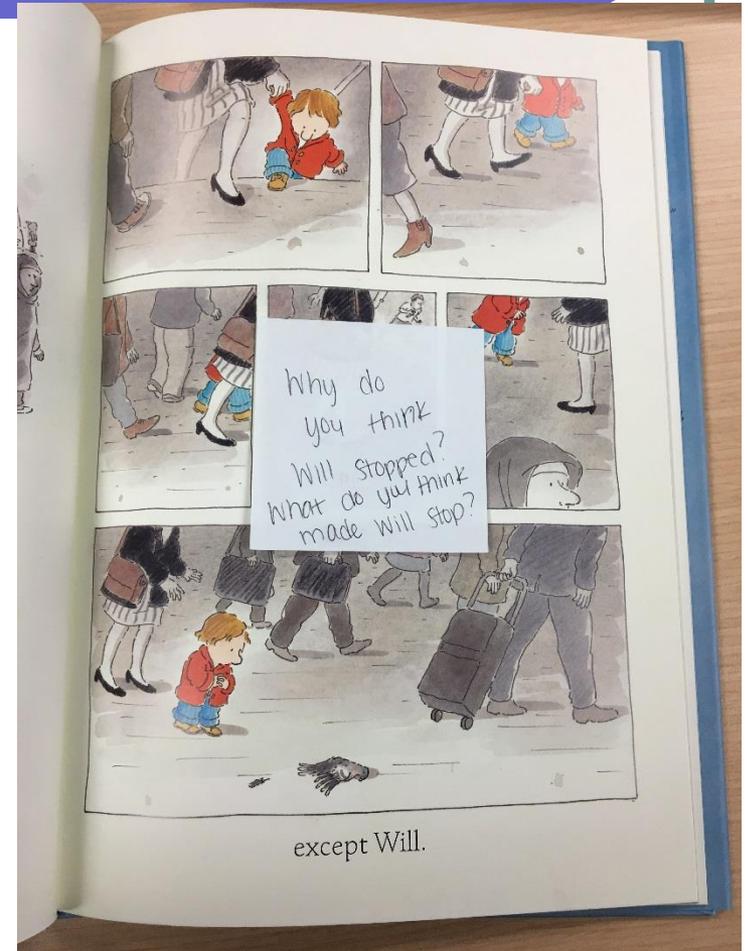
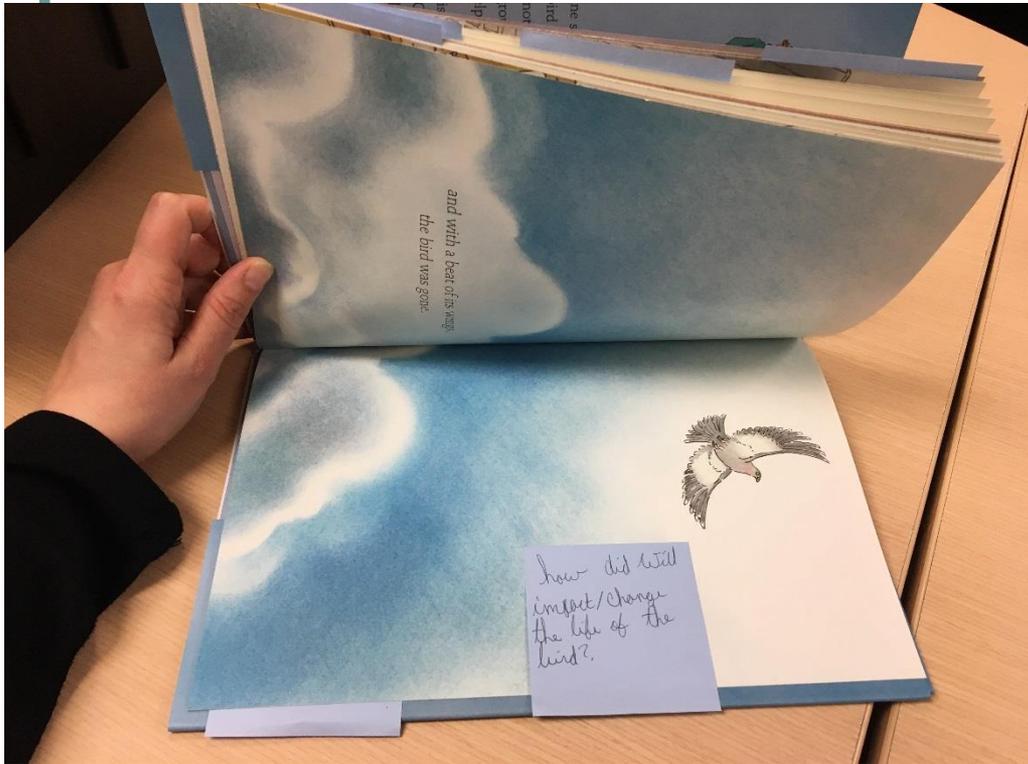


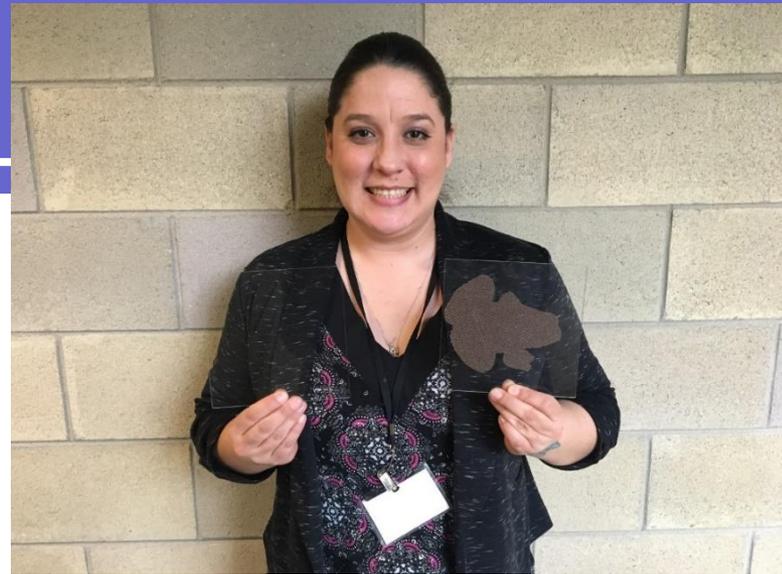
https://redrover.org/wp-content/uploads/legacy/Readers/RedRover_Readers_guide_reading-to-build-empathy.pdf

Example Questions to Ask

- How do you think the character feels? How do you know? Have you ever felt that way?
- What does your face look like when you feel that way?
- What do you think the character is thinking?
- How do you think you would react if you were in that situation?

City Critters





BIRD SAFETY

Prevent bird collisions in your neighborhood.

MILLIONS OF BIRDS DIE EVERY YEAR FLYING INTO WINDOWS

The visual system of a bird is different from that of a human, and so many glass windows appear invisible. Because birds are not able to distinguish the reflection of trees or sky away in a window or not see, they fly straight into the glass. Otherwise, a bird will fly away after a collision, but this doesn't mean it's okay. The bird has likely died elsewhere or was scavenged by a neighborhood cat, raccoon or crow. It is estimated that more than 100 million birds are killed every year in the U.S. Odds are that, sooner or later, your windows will kill a bird. Collisions happen most frequently during spring and fall migration periods.

Check Your Windows' Reflection

Not all windows are equally hazardous. Check to see which of your windows are most reflective, such as those overlooking a large parking lot or pool. Even most windows can be dangerous, so every time you step outside look at the window or compare windows.

Quick and Affordable Solutions

There are some simple and affordable ways to prevent birds from your windows.

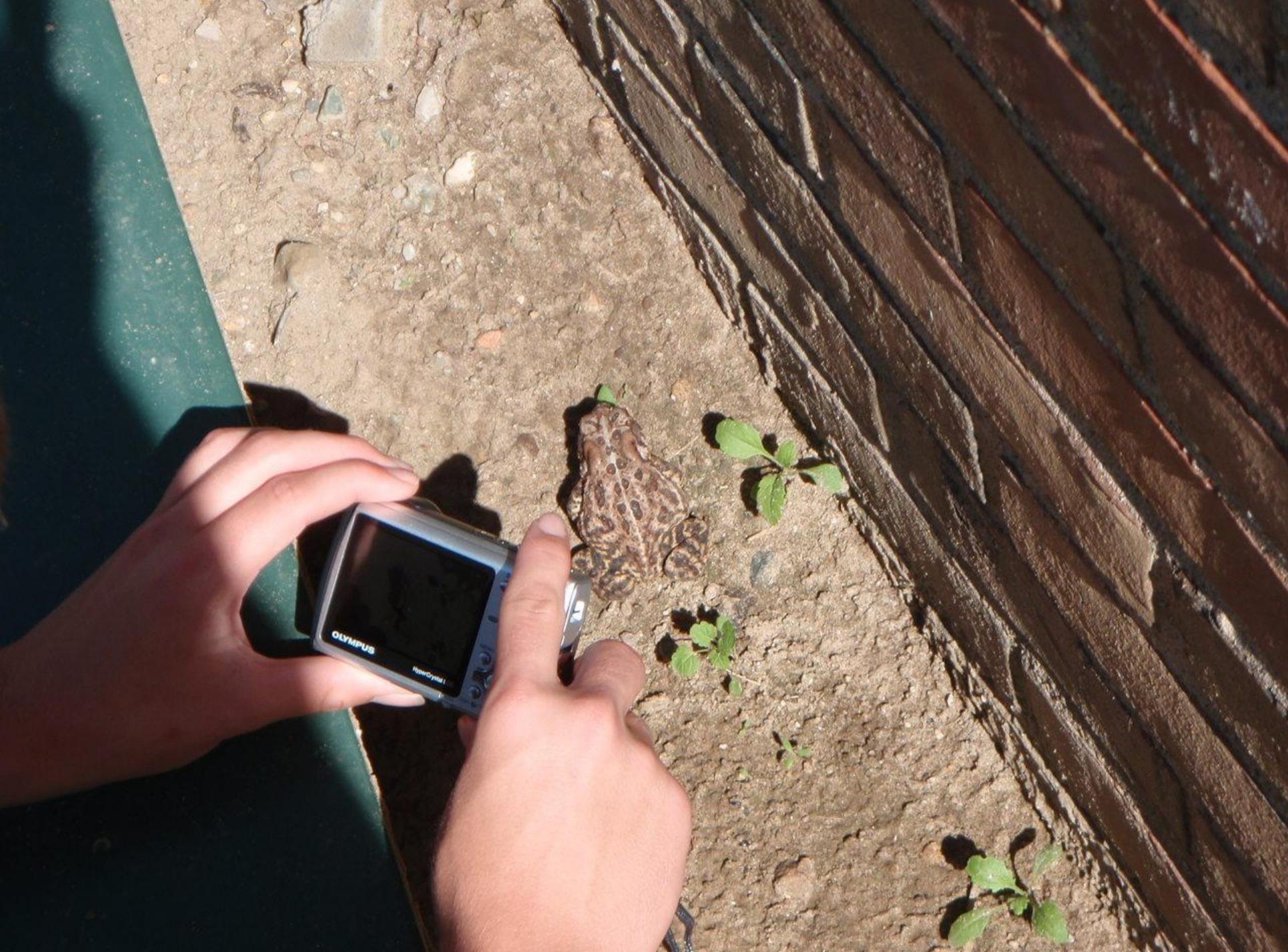
- 1 Tape**
Tape can be applied to the outside of the glass to break up the reflection birds see in the window. Any opaque tape will work, however, AIC BirdTape benefits light and is designed to last outdoors. Strips placed horizontally on the glass need to be at least 2 inches apart. Strips placed vertically need to be a inches apart. More complicated or irregular patterns will also work. AIC BirdTape may be purchased in Ziploc bags at the lowest cost or an acrylic vinyl get-in-the-door-storm-glass.
- 2 Tempa paint**
Tempa paint is long lasting and non-toxic, but comes right off with a sharp pick and is a fun project to do with kids. Just use a brush, sponge or cloth (available at most art supply stores).
- 3 Window films**
Window films come in many colors and styles, and can be applied on the outside of windows to prevent collisions. Details must be arranged in some patterns, with no more than 4-inch spacing between pieces to be effective.
- 4 Window blinds**
Window Blinds have slats that can be made wider to break up reflections partially or fully closed.

In partnership with the **American Bird Conservancy**

AMERICAN BIRD CONSERVANCY For more information visit www.abcbirds.org

Humane Education Horticulture Program

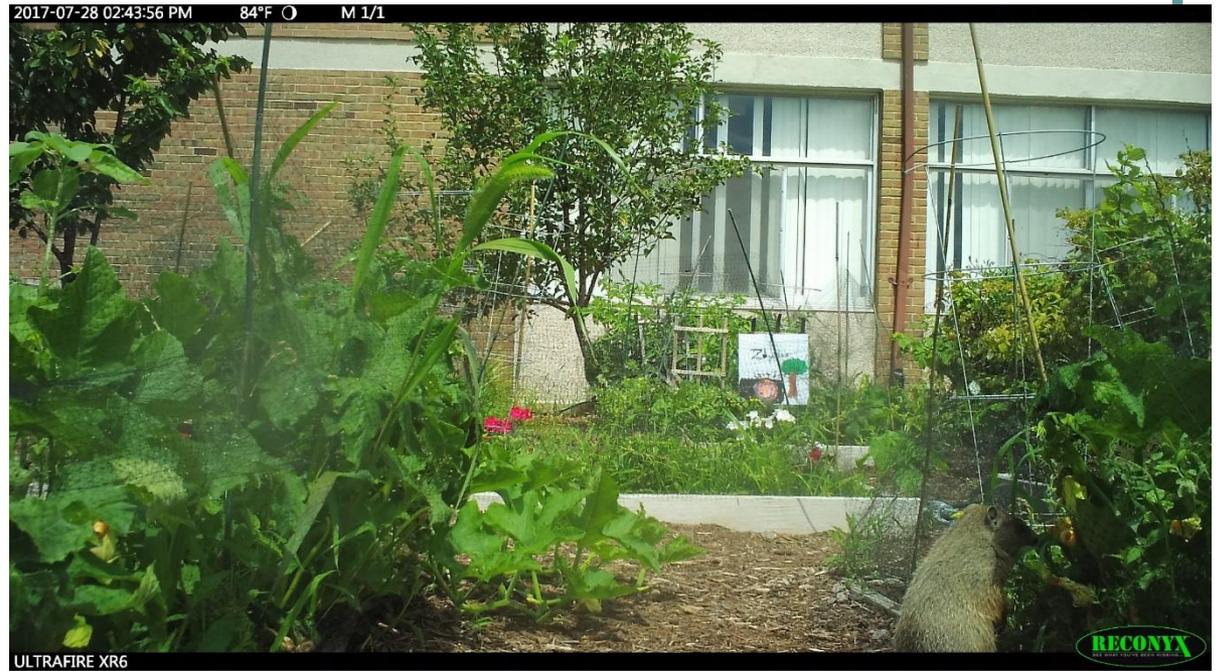




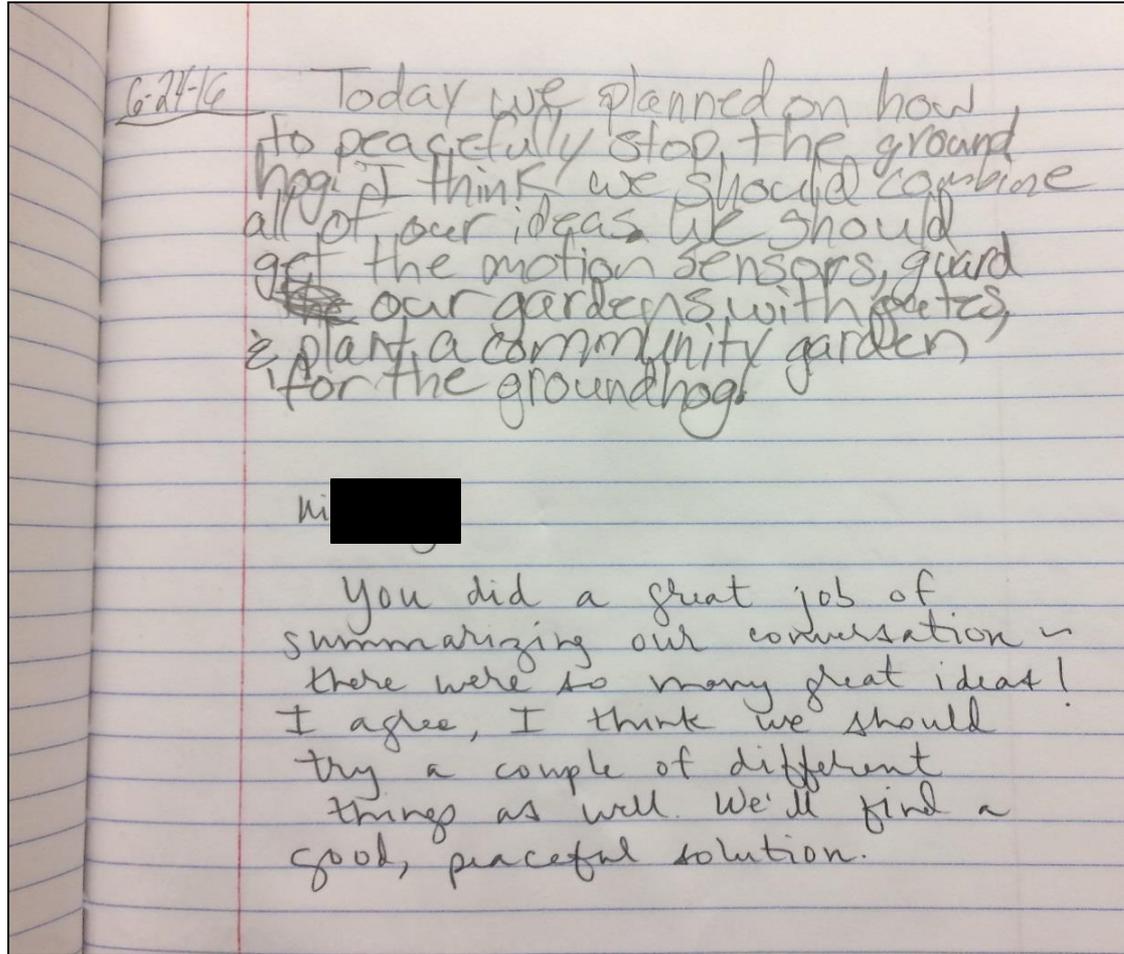




Humane Education Horticulture Program



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Merlin Bird ID and eBird Apps

What's that bird? Merlin can help!

The Cornell Lab
Merlin™
ID help: 350 North American birds

Start Bird ID >

Browse All Birds

Answer 5 simple questions

What size was the bird?

between sparrow and robin

Next >

Merlin offers a list tailored for your location and date

ITHACA, NY MAY 12

Scarlet Tanager



ADULT MALE

Adult males are brilliant red with black wings and tail. Females and nonbreeding males are dull yellow-olive with gray or black wings.

This is My

Northern Cardinal

Best Locations

Location	Species	Distance
Ithaca Falls Natural Area Latest: 23 days ago	40 species	0.3 miles
Sunset Park (Ithaca) Latest: 3 days ago	147 species	0.4 miles
Cornell University--Palmer Woods Latest: 4 days ago	196 species	0.6 miles
Cornell University--Beebe Lake Latest: Yesterday	173 species	0.6 miles

Nearby Birds

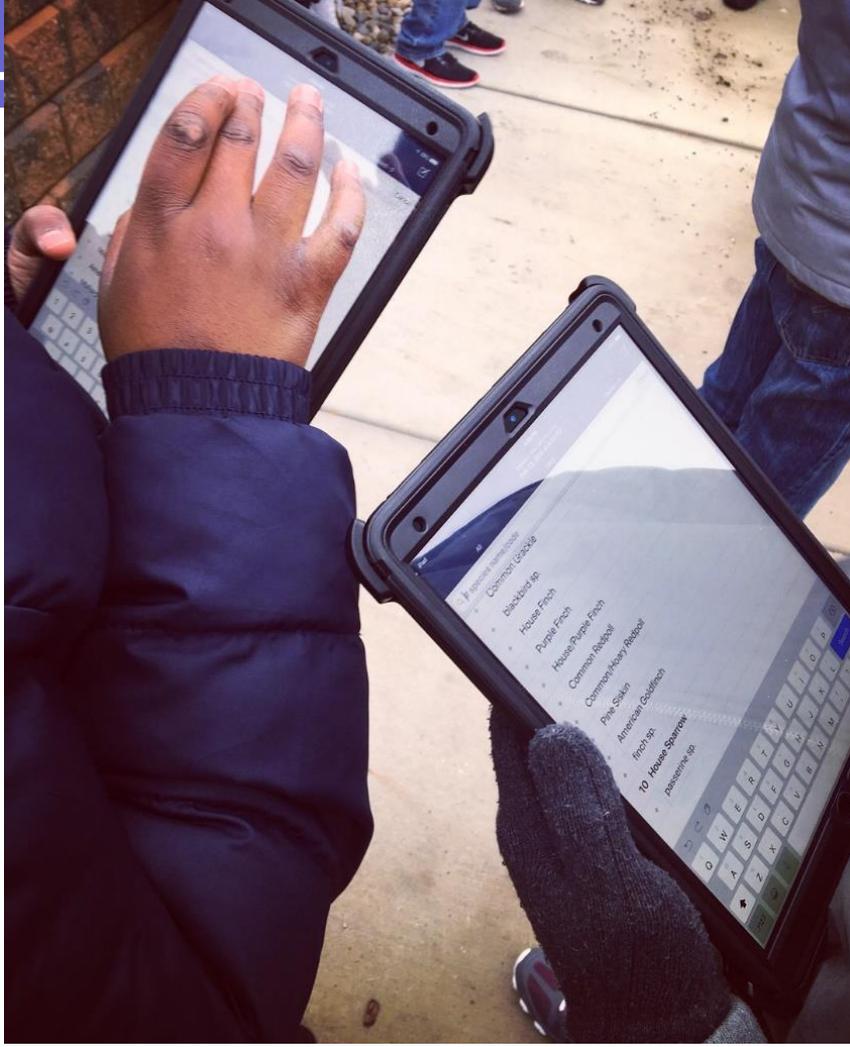
2:41 PM
Pt. Pinos--seawatch only
Aug 5, 2016, 2:40 PM

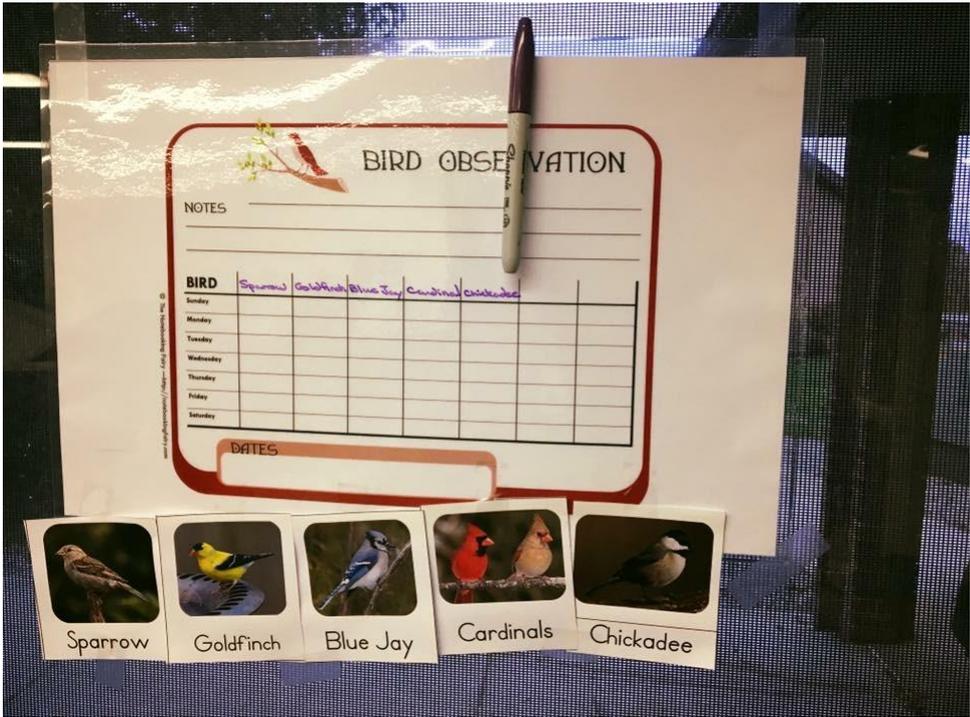
Checklist - 5

- Common Loon
- + Loon sp.
- + Pied-billed Grebe
- + Eared Grebe
- 1 Western Grebe
- + Clark's Grebe
- 3 Western/Clark's Grebe
- 2 Black-footed Albatross
- 15 Northern Fulmar
- + Pink-footed Shearwater
- + Buller's Shearwater
- + Sooty Shearwater
- + Black-vented Shearwater
- + shearwater sp.

Review & Submit















Animal Welfare Workshop



Alternative Dissection



Resources

- **Academy for Prosocial Learning**

<https://www.prosocialacademy.org/workshop-offerings>

- **Detroit Zoological Society**

<https://detroitzoo.org/>

- **HEART**

<http://teachheart.org/humane-resource-guide/>

Resources

- Humane Education Coalition

<https://www.hecoalition.org/toolkit.html>

- Humane Summit (February 5 – 7, 2019)

<https://www.hecoalition.org/summit.html>

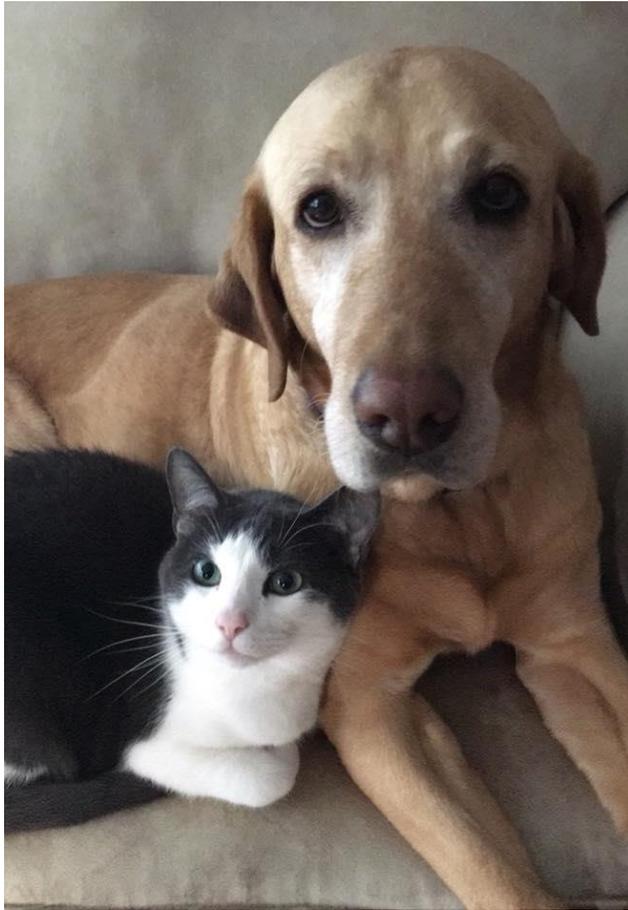
- Institute for Humane Education

<https://humaneeducation.org/resource-center/>

- RedRover

<https://redrover.org>

Thank You!



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