

Roots of Empathy

Roots of Empathy is an international, evidence-based classroom programme that has shown significant effect in reducing levels of aggression among schoolchildren by raising social/emotional competence and increasing empathy.

Key research shows that children attending a Roots of Empathy programme develop:

- **An increase in empathy & resilience**
- **An increase in sharing, caring & helping**
- **A decrease in aggressive behaviour & bullying**

Roots of Empathy supports positive mental health and wellbeing in children, creating a safe space for them to learn and talk about their feelings.

The programme helps them not only cope, but thrive in these challenging times.



Over 30 Lewisham schools have accessed the programme since 2012!

Two delivery models have been devised for the 2021-2022 school year:

- Traditional Programme - 27 week classroom delivery
- Recovery Programme - 5-10 week virtual delivery

Contact us at Early Years Alliance for further details, and to discuss how the programme could work in your school:
rootsofempathy@eyalliance.org.uk

To read the research that underpins this course as well as further information on costs, feedback from teachers and to watch a BBC film about the programme go to www.lewishamcfc.org.uk/roots-of-empathy-programme/