

# Inclusive Program Environments: Resources

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## Section 5: Modeling and Teaching Empathy

- Brene Brown on Empathy (video)  
<https://www.youtube.com/watch?v=1Evwgu369Jw>
- Ashoka: Start Empathy  
<https://startempathy.org/>
- Start Empathy: A Toolkit for Promoting Empathy in Schools  
[http://startempathy.org/wp-content/uploads/2015/10/StartEmpathy\\_Toolkit.pdf](http://startempathy.org/wp-content/uploads/2015/10/StartEmpathy_Toolkit.pdf)
- Teaching Tolerance: Developing Empathy  
<https://www.tolerance.org/classroom-resources/tolerance-lessons/developing-empathy>
- Teaching Tolerance: Activities: Before Mix  
<https://www.tolerance.org/mix-it-up/activities-before-mix-it-up>
- Random Acts of Kindness  
<https://www.randomactsofkindness.org>  
Activities, lesson plans, handouts, posters
- ACT for Youth: Social and Emotional Learning Toolkit  
[http://www.actforyouth.net/youth\\_development/professionals/sel/](http://www.actforyouth.net/youth_development/professionals/sel/)
  - Social Awareness  
[http://www.actforyouth.net/youth\\_development/professionals/sel/social\\_awareness.cfm](http://www.actforyouth.net/youth_development/professionals/sel/social_awareness.cfm)
  - Self-Management  
[http://www.actforyouth.net/youth\\_development/professionals/sel/self-management.cfm](http://www.actforyouth.net/youth_development/professionals/sel/self-management.cfm)
- Greater Good Science Center: Empathy  
<https://greatergood.berkeley.edu/topic/empathy/definition>