

# Using Stories to Create Empathy in the workplace & Classroom



Narrative 4  
Humans of New York  
Journey to America  
Green Card Voices  
Ted Talk/Ted Ed  
NWEA Podcasts  
Story Corps Podcasts



# Cats and Kids

10 minutes

1. Find someone you don't know
2. Tell them a story about your cats, dogs or other animals OR kids, nephews, niece, cousins. Take notes (5 minutes)
3. Switch (5 minutes)
4. Come back to the group & tell their partner's story



# What is Empathy?



# Narrative 4 Story Exchange

The story exchange is based on the simple idea that by knowing the story of another, we are able to better understand one another."



# ABOUT NARRATIVE 4

- N4 was officially established in 2012 by Lisa Consiglio and Colum McCann
- June 2012 a gathering of literary minds and social justice advocates met for 5 days to dream up ways the world could be transformed by stories. They tackled questions: ***What is the highest aim of storytelling & how can we harness that energy to transform the world?*** The result = Narrative 4!
- Key Founding artists: Colum McCann, Reza Azlan, Terry Tempest Williams, Tobias Wolff, Ishmael Beah, Ron Rash, Greg Khalil, Sting, Lila Azam Zanganeh, et. al.
- Fast Forward: N4 is an organization that belongs to the educators, students, authors, and artists that drive the program in 10 countries & 18 US states
- **Core themes:** Immigration, Violence, Faith, Identity, & Environment

# N4 Story Exchange

**Vision:**

Fearless Hope Through Radical Empathy

**Mission:**

Narrative 4 fosters empathy by breaking down barriers and shattering stereotypes through the exchange of stories across the world. Led by globally influential artists, educators, students and community advocates, N4 is developing the next generation of empathetic leaders and citizens.

Site: <https://narrative4.com/mission-vision/>

The story exchange is particularly powerful in K-12 classrooms, helping students to:

- Develop active listening skills
- Engage in peer-to-peer learning
- Practice public speaking skills
- Improve self-reflection and self-awareness
- Experience an overall increase in positive emotions

# HOW IS IT DONE?

- Run by a N4 facilitator
- Ice breaker
- Read a common text
- Ground Rules
- Partner up
- 1-2 hours with partner- listening
- When finished- make a visual aid for partner- collage, drawing, picture, etc.
- Next day: Sit in circle, tell partner's story using first person, give partner the visual

# Narrative 4 Exchanges

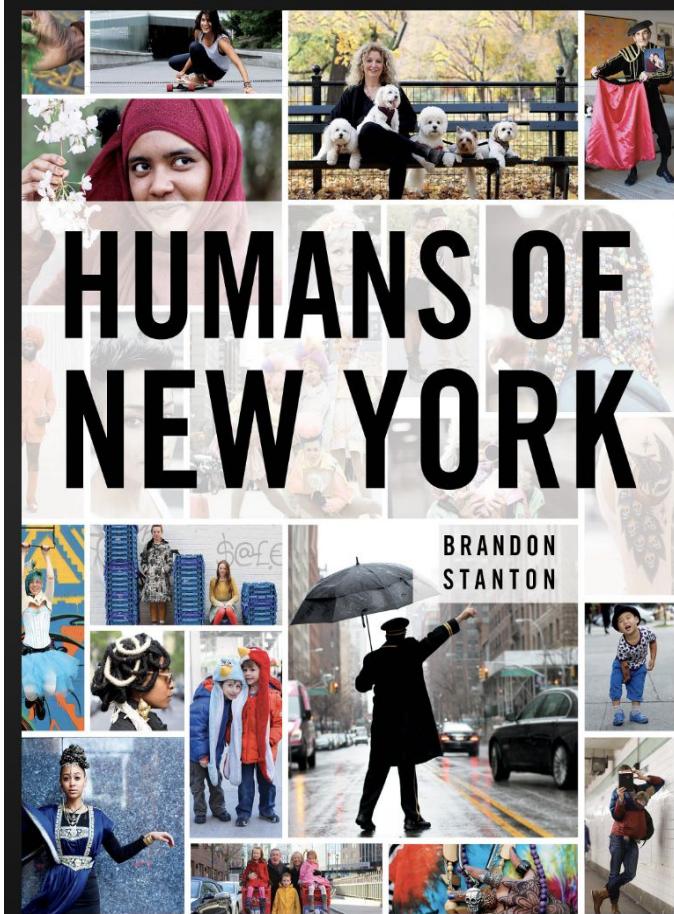
- Baltimore, Maryland: Police Officers and Black citizens
- Montana/ ND: Ranchers, Native Americans, and Environmentalists/ Oil companies
- Belfast, Northern Ireland: Catholics and Protestants
- Limerick, Ireland: Elderly and Young People
- Middle East: Jewish, Christian, and Muslim citizens
- Both the Bronx and Mexico: Poor and Wealthy citizens
- \* New York- Gun violence victims & Gun Advocates
- \*Fargo- Refugees & those against resettlement/ Teachers & EL students
  - Modified: South EL students and native students

Fargo: <https://www.bbc.com/news/world-us-canada-39727185>

NY- [https://www.youtube.com/watch?v=4HtQPw8\\_fJo](https://www.youtube.com/watch?v=4HtQPw8_fJo)

Guns:

[https://www.youtube.com/watch?list=PLtmzdzCeRsyHbGTxOX4BZvSgXBh20n-4&time\\_continue=6&v=Jph5MdGokA](https://www.youtube.com/watch?list=PLtmzdzCeRsyHbGTxOX4BZvSgXBh20n-4&time_continue=6&v=Jph5MdGokA)



# HUMANS OF NEW YORK

BRANDON  
STANTON

Everyone  
Has A Story



“I have a doctorate in Buddhist philosophy. Now I want to learn as many languages as possible so I can teach as many people as possible.”

“What do you think is the most important thing that people can learn from Buddhism?”

“Compassion. Everyone suffers and everyone needs happiness.”

(Dharamshala, India)

 **ABC NEWS**



"So do you do a different color every day?"

"No, I used to go through different stages. But then I found that I was happiest when I was green, so I've been green for 15 years." — with Alyssa Belyea.



Not sure that I've ever been so honored to introduce someone as I am right now. Gac Filipaj is a refugee from the former Yugoslavia. For the past twelve years, he has worked as a janitor for Columbia University. His job title is "heavy cleaner," which includes emptying the trash and cleaning the toilets.

During this time, he has worked until 11pm every night during the week. After his shift concluded, he would start studying. This weekend, after twelve years of study, Gac graduated from Columbia University with a Classics degree. Rarely have so many qualities I admire been wrapped up in a single person.  
— with Tammy A McCrory.



# HUMANS OF NEW YORK ACTIVITY

1. Get into Groups (9 groups)
2. Read the paragraphs
3. Match the 5 paragraphs with the 5 correct pictures.

## ANSWERS

[https://doc-0s-bs-apps-viewer.googleusercontent.com/viewer/secure/pdf/ls233t5n3dqr0t0ubqj9mhumslapt1e1/tqmh5fqqplhckmnouoprqgp1od9kcn5ln/1554743175000/drive/17758261324044153199/ACFrOgAgVb4quo4Phtly8LjifRGwm6biYIzDFIYdhQ1kg\\_iTfWizODjNHwl4S1iV-pwnKfxQ22fE\\_qVu\\_QZLap\\_lEfql2Uua82LvjqdkmAQMzLXsHij0279B8QjBO8=?print=true&nonce=gr10b0fchl806&user=17758261324044153199&hash=f233kl4fa7n616kl4gdobtum7ceuojvc](https://doc-0s-bs-apps-viewer.googleusercontent.com/viewer/secure/pdf/ls233t5n3dqr0t0ubqj9mhumslapt1e1/tqmh5fqqplhckmnouoprqgp1od9kcn5ln/1554743175000/drive/17758261324044153199/ACFrOgAgVb4quo4Phtly8LjifRGwm6biYIzDFIYdhQ1kg_iTfWizODjNHwl4S1iV-pwnKfxQ22fE_qVu_QZLap_lEfql2Uua82LvjqdkmAQMzLXsHij0279B8QjBO8=?print=true&nonce=gr10b0fchl806&user=17758261324044153199&hash=f233kl4fa7n616kl4gdobtum7ceuojvc)

## WRITING PROMPT

<https://drive.google.com/file/d/0BxGtDIDGM3WBeEM3VHIdFJld3M/view>

# YOU Have A Story!

- Work with someone you do not know well.  
This is very important!
- You will each have 5 minutes to be the storyteller and then the interviewer.
- You are trying to uncover your “human’s” story.
- Interviewer: Ask questions, take notes and follow the guidelines on the next slide.
- Storyteller: Answer questions honestly and as openly as you are comfortable with.



# Guidelines

1. The purpose is to uncover someone else's story
2. You have to really listen - Allow the pause - Eye contact
3. Don't listen to respond
4. Don't turn their story into your story
5. Give non-verbal feedback
6. Believe each person has a compelling story
7. The best question is the one you don't plan on asking
8. Synthesize and Affirm

# *Questions:*

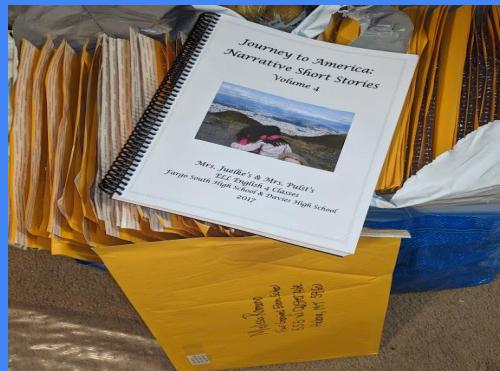
- What is your biggest struggle right now?
- What is the last thing you felt really proud of?
- Was that a defining or life-changing moment?

# *Debrief*

- Did you catch yourself wanting to relate a story about yourself to something your storyteller was talking about?
- People need to feel they matter. Everyone - it's human nature. Everyone wants to belong.
- You make people feel like they matter when you truly listen - not to respond but to learn.

# Journey to America: Narrative Short Stories

[www.ellfargosouth.weebly.com](http://www.ellfargosouth.weebly.com)



# GREEN CARD YOUTH VOICES: IMMIGRATION STORIES FROM A FARGO HIGH SCHOOL



<http://www.greencardvoices.com/book-fargo/>

<http://www.greencardvoices.com/speakers/francescemanya/>

# Text or email a co-worker to tell them something positive

You're my favorite person in the office because you make me feel comparatively productive.



How you stare at your friend during a staff meeting, until they read the text you just sent.



Thank you for always being there for me when I can't afford a therapist.





# LEAH JUELKE

2018 NORTH DAKOTA TEACHER OF THE YEAR

Email: [JuelkeL@fargoschools.org](mailto:JuelkeL@fargoschools.org)

Class Website: [www.elfargosouth.weebly.com](http://www.elfargosouth.weebly.com)

Green Card Voices Website:

<http://www.greencardvoices.com/book-fargo/>

Narrative 4

<https://narrative4.com/>

Twitter/Instagram: @NDTOY2018

## LINKS

Narrative 4: <https://narrative4.com/>

Humans of New York: <http://www.humansofnewyork.com/>

Lesson plans:

<https://www.lowell.k12.ma.us/site/handlers/filedownload.ashx?moduleinstanceid=5425&dataid=6718&FileName=Humans%20of%20Lowell%202018%20Summer%20Assignment%20-%20ALL%20STUDENTS%20-%20revised.pdf>

Activity-

<http://gameofelt.blogspot.com/2017/04/humans-of-new-york-lesson-plan-and.html>

Ted Ed & Student Talks:

[https://www.youtube.com/channel/UCskU\\_g7t6b5ecsA1CTS3y9Q](https://www.youtube.com/channel/UCskU_g7t6b5ecsA1CTS3y9Q)

NWEA Podcasts:

<https://community.nwea.org/community/nwea-community-home/blog/2019/01/15/highlights-from-the-2018-teacher-of-the-year-podcast-series>

Journey to America Project: [www.ellfargosouth.weebly.com](http://www.ellfargosouth.weebly.com)

Green Card Voices: <https://www.greencardvoices.com/>

South N4 exchange: <https://www.youtube.com/watch?v=E3mAQQ5a4XE>

Story Corps -record your own story <https://storycorps.org/discover/onesmallstep/>