



Teaching Empathy Institute's

Little Talks

Podcast Training Program

For Teachers and Teaching Assistants

A feasibility study

*For Columbia University Teachers
College*

David Levine, Director
teachingempathyinstitute.org

Background

The *Little Talks* podcast training program was designed by Teaching Empathy Institute Director [David Levine](#) who, since 1984, has worked in a multitude of educational settings, as a teacher, facilitator and systems change specialist for school districts throughout the United States. Parts of this program were piloted during the 2016/17 and 2017/18 school years as an SEL professional development initiative in Kingston, NY and Northport, NY.

Teaching Empathy Institute

Teaching Empathy Institute (TEI), works to establish emotionally and physically safe learning communities for elementary, middle and high school students and the adults who work with them. Located in the Hudson Valley of New York, TEI creates tailor-made SEL programs designed to foster dialogue about social culture building while strengthening the capacity for the infusion of empathy and compassion into all aspects of the learning experience. To that end, we provide parallel learning experiences that target teachers, teaching assistants and other staff members, school and district leadership, and the students themselves. While the context changes, the core skills and practices remain the same: reflecting inward to manage one's emotions, to make healthy and compassionate connections outward.



Feedback shared by participants in
Little Talks That Make a Big Difference program:

Podcast Episode #1 **Emotional Safety**

"My favorite part of this episode was the part explaining how to be a high-level listener. I did not think asking a student why, how it could put them in a defensive mode. I don't think I often do, but now I know to avoid that question."

Podcast Episode #4 **Emotional imprints**

"This is something I really need to work on. I am always confronting students on their class behavior and seeking respect as a teacher... There is one student that I constantly battle with in class. He constantly talks/interrupts while I'm teaching my lesson. I have a habit of calling him out on it right in the middle of class, calling him rude and disrespectful.... let the cycle begin. I yell at him, he makes faces or says something back, I sit him out of class and....NOTHING IS SOLVED!!!!"

An invitation to take part in the Little Talks Podcast Training Program Study

TEI is inviting school leaders who are engaged in innovative SEL infusion to have their teachers and teaching assistants take part in this study in the school year 2018-2019. The Podcast Programs that will be included in this study are:



Little Talks that make a big difference:

Module 1. **For teachers**

Module 2. **For teaching assistants**

Participants involved with the TEI podcasts, will find this program practical and inspiring. We understand how in today's educational world, time is a treasured commodity and that is why we have produced the podcasts to be efficient (8-12 minutes long), and effective (complete with strategies and real-world application suggestions). The early feedback from educators who have utilized the program, thus far, has been positive, appreciative and validating.

For information on how you can get involved, please contact:

Meg Lewis

845.687.6207

meg@teachingempathyinstitute.org

Thank you for your involvement in this important work.

