

NARRATIVE 4 Empathy into Action

KINDNESS INCLUSION

N4 NARRATIVE 4

# WALK & TALK EMPATHY CHALLENGE

COMPASSION

CONNECTION

LISTENING SKILLS

TOLERANCE

SOCIAL SKILLS

WELLBEING



## Narrative 4 is inviting teachers and students to take part in our 4km Walk & Talk Empathy Challenge.

After the isolation and disruption caused to school communities by Covid-19, Narrative 4 is challenging teachers and students to Walk & Talk. The 4km Walk & Talk Empathy Challenge takes students on a 4km outdoor walk where they pair up with another student, a student from the same year, in another class, or an older student and asks them to respond to a series of prompt questions and get to know each other.

Teachers will receive a resource pack with ideas on planning the lesson, with prompt questions specifically for their students. This is a stand alone challenge but also counts towards the Narrative 4 Empathy School Award. Check out [Narrative4.ie](http://Narrative4.ie) to sign up or for further information.

We are asking for a suggested contribution of €5 per student towards the cost of these resources.

### Students will each receive:

- A wellbeing Self-Empathy handbook to help them check in with themselves and others in the wake of Covid 19.
- A collectable Walk & Talk Bracelet as a reminder of having achieved the 4km Walk & Talk Empathy Challenge.
- A certificate of achievement.

### About Us



Narrative 4 is an empathy education programme that started in highschools in the U.S. and now runs in over 5 countries. Narrative 4 was established to address isolation in young people by creating a space for young people to connect and share their own stories and experiences with each other. The programme is a powerful tool that allows us to see the commonality of human experience. N4 trains teachers in an evidence-based teaching method that fosters connection, empathy and

encourages positive relationships in the classroom. In 2016, Narrative 4 Ireland replicated the US model and began running the programme in Ireland. The wider programme fulfils six of the criteria of the new Junior Cycle: Managing Myself, Staying Well, Communicating, Being Creative, Working with Others, and Managing Information and Thinking.

## The Importance of Empathy Education

Empathy education develops emotional and social skills in young people. Research has shown it contributes to healthier, happier young people. It also helps bridge divides between young people and can be used as a diversity and inclusion tool.

Schools are not just a place of learning, but rather are a space for discovery, friendship, personal development, challenge, inclusion and community. We are particularly aware of this since the closures of schools during the Covid-19 crisis where young people lost 100 days of term time and the negative impacts are still being felt.

## 12,000 Hours of Connection

With over 700 Secondary Schools in Ireland, and an average class size of 25, if every school had just one class complete the 4km Walk & Talk Empathy Challenge, students could cover in excess of 70,000km and 12,000 hours in order to connect with each other and achieve a greater understanding of empathy.

Walking 4km outdoors over 40 minutes has the following benefits to health and wellbeing

**IMPROVES  
YOUR MOOD**

**HELPS YOU  
SLEEP BETTER**

**MAKES YOU THINK  
MORE POSITIVELY**

**HELPS YOU THINK  
MORE CLEARLY**



## Empathy School Award

Did you know that Narrative 4 Ireland gives awards to post-primary schools that foster an environment of empathy, lead with kindness, and cultivate connection and understanding in their students and staff?

Narrative 4km Walk & Talk Empathy Challenge is a stand alone unit but it can also help your school achieve an award.

Go to [Narrative4.ie](https://Narrative4.ie)  
to sign up or for further  
information.

I think our class got  
closer after it and I can  
talk to more people now

– Student



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