

A lush green forest scene featuring a wooden boardwalk that curves through dense foliage. In the background, a small waterfall cascades over rocks into a pool. The forest is filled with various types of trees and ferns, creating a vibrant and serene atmosphere.

SLOW MOVEMENT TO ENHANCE EMPATHY IN EDUCATION

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An hourglass with white sand is positioned on the left side of the image. It sits on a wooden surface, possibly a table or floor, with a dark shadow cast to its left. The background consists of wooden planks. Overlaid on the right side of the image is the text 'Make TIME GO BY FASTER'.

Make

TIME

GO BY FASTER

A woman in a dark dress is walking away from the camera down a long, straight asphalt road that stretches into the distance. The road is flanked by dry, golden-brown grass and a simple fence line. The sky is a uniform, hazy orange-brown color, suggesting a sunset or sunrise. The overall mood is contemplative and serene.

Don't waste your time
or time will waste you.

Muse

quote fancy

McDonald's



13,438

Burger King



7,105

Wendy's



5,938

Sonic



3,552

Domino's



6,560

Little Caesars



Little Caesars

4,181

Papa John's



3,164

Papa Murphy's



1,240

Marco's



1,002

Starbucks



15,450

Tropical Smoothie Cafe

1,039



Tim Hortons

637



Jack in the Box



2,218

Carl's Jr.



Carl's Jr.

1,058

Whataburger



873

Hardee's



1,734

Culver's



837

Freddy's



420

In-N-Out



370

Five Guys

1,390



Checkers/Rally's



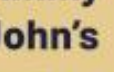
834

White Castle



349

Shake Shack



243

KFC

3,953



Popeyes

POPEYES

2,757

Wingstop



1,534

Chick-Fil-A

2,732



Zaxby's

908

Church's

892



Bojangles

773



Raising Cane's

567



Subway

SUBWAY

Arby's



3,409

Jimmy John's



2,657

Jersey Mike's



Firehouse



Taco Bell



Chipotle



QDoba

Dunkin' Donuts



DUNKIN' DONUTS

Dairy Queen



4,339

Baskin-Robbins



Extra Curricular Activities

WORDPRESS

PINTEREST GOOGLE+ FACEBOOK FLICKR

LINKEDIN TWITTER YOUTUBE

PEOPLE SHARE NEWS

COMMUNITY

LIKE

COMMUNICATION

RADIO

MOBILE

FRIENDS

INFORMATION

CONTENT

GLOBAL

SEARCH











BLOG

DATA

SOCIAL MEDIA

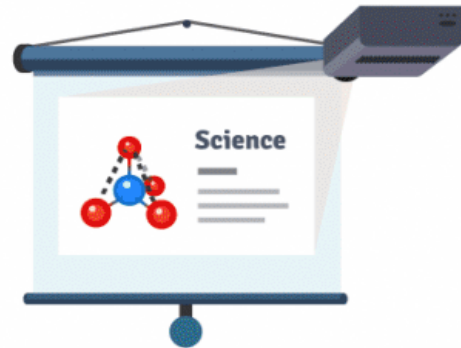
NETWORK



1	FINLAND		87,8	5
2	KOREA		86,7	1
3	CZECH REPUBLIC		84,4	14
4	HUNGARY		84,1	24
5	JAPAN		83,9	2
6	NEW ZEALAND		83,3	12
7	SLOVENIA		83,3	10
8	AUSTRALIA		81,2	9
9	SWEDEN		80,6	23
10	ICELAND		79,4	17

Traditional Education vs Modern Education

- Teacher-centred
- Subject-specific Knowledge
- One-way Transfer of Knowledge
- Passive & Limited
- Theoretical



- Learner-centred
- Subject-specific & Skill-based Knowledge
- Multi-way Transfer of Knowledge
- Interactive & Engaging
- Conceptual & Practical





FINLAND'S EDUCATION SYSTEM: In a nutshell

State-sponsored

Freedom of choice

Learning through play

Autonomy is granted to educators

Well-compensated teachers

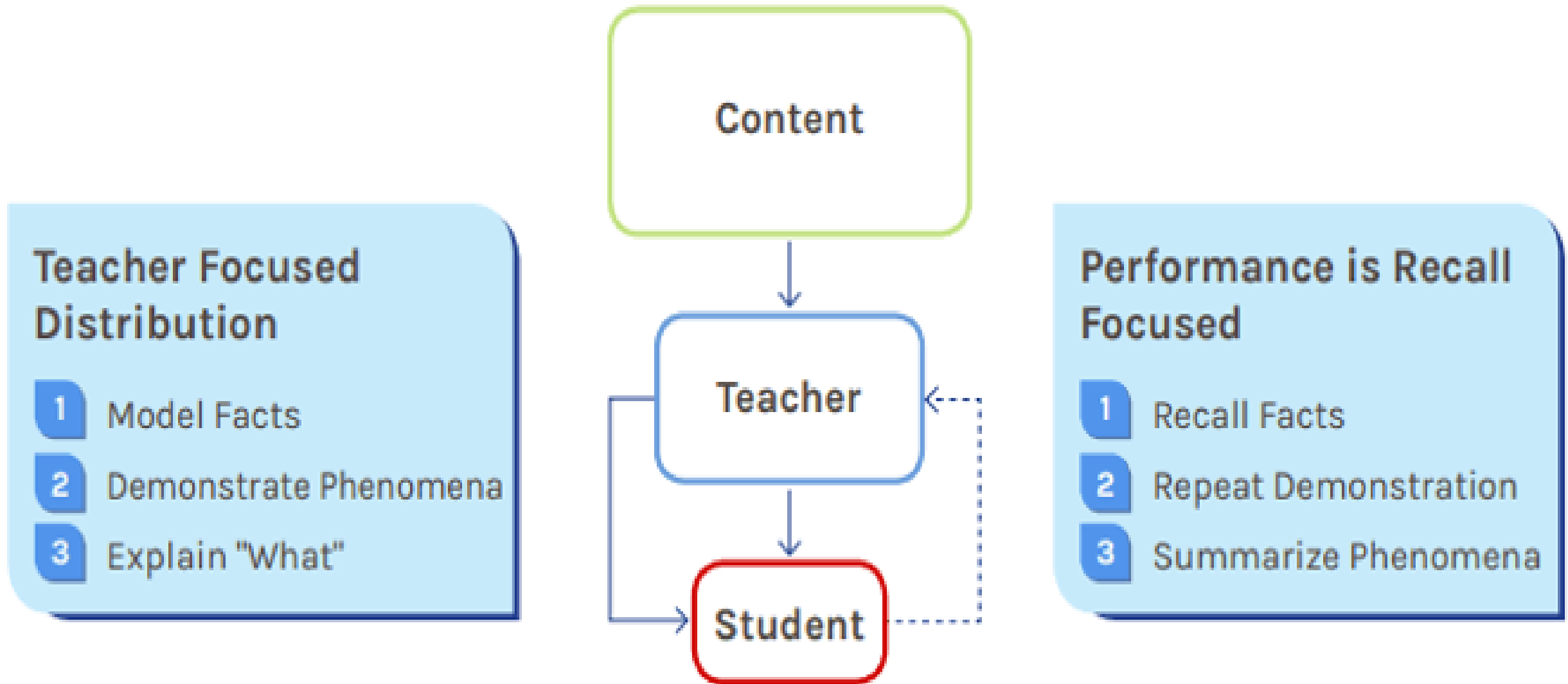
Education is a priority



Custom Essay
MEISTER



Traditional Model



DESIGN THINKING PROCESS STEPS

EXPLORATION Phase
Finding Out



FOCUSING Phase
Making Sense



EXPERIMENTATION Phase
Trying Out



CONTINUOUS COACHING Phase
Embedding the New

Acknowledgement:
IDEO, Stanford Design School

Traditional Schooling

Learning by subjects

Teacher teaches pupil

Teacher decides what
child should learn

Goals set by teacher

Teacher follows a
set curriculum with
specific workbooks

Learning happens
within set times

Teacher set targets
and tests

Unschooling

Learning by interests

Parent learns with child

Child-led

Child chooses what they
want to learn

Parent uses internet,
museums, nature and
life experiences

Learning happens all
the time, year-round

Child allowed to learn in
their own time and their
own way

Slow schooling

- **starts formal learning later**
- **reduces testing**
- **increases curriculum flexibility**
- **emphasizes enjoyment**
- **doesn't hurry the child**
- **rehabilitates play alongside purpose**

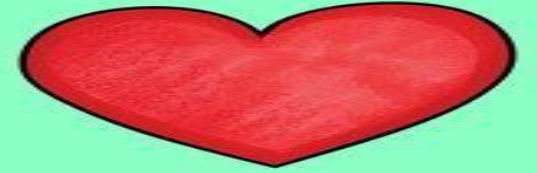
Honore, 2004

Strategies for Teaching Empathy



1

Talk about feelings on a regular basis



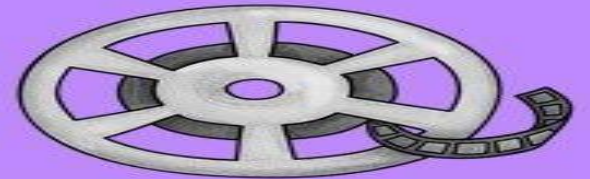
2

Use books to talk about characters' feelings



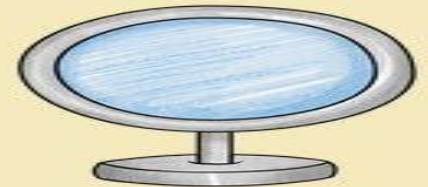
3

Watch videos and movie clips



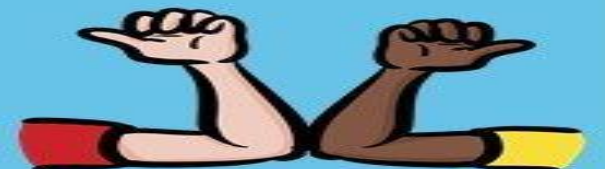
4

Use optical illusions to show perspectives



5

Role-play scenarios together



Empathy is...

seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.



15 SYNONYMS FOR SLOW LIVING

1 Paced Living

Soulful Living **9**

2 Unbusy Living

Long-Term Living
(or Long-View Living) **10**

3 Balanced Living

Low-Stress Living **11**

4 Intentional Living

Eased Living
(not easy!) **12**

5 Connected Living

6 Deep Living

Time-Rich Living **13**

7 Purposeful Living

Conscious Living **14**

8 Holistic Living

Mindful Living **15**

sloww.

DESIGN A LIGHTER LIFE AT [SLOWW.CO](https://www.sloww.co)

Slowness is also about balance,
so if you must hurry,
then hurry slowly.

GEIR BERTHELSEN



SLOWW.CO

LIGHTER LIVING • HIGHER PURPOSE