



Roots of Empathy  

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Racines de l'empathie

# National Academies Empathy and Compassion Workshop: Implications for Human Wellbeing

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May 21, 2025

NATIONAL  
ACADEMIES

Sciences  
Engineering  
Medicine





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# Roots of Empathy



What is Roots of Empathy?

[www.youtube.com](http://www.youtube.com)





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# Research on Roots of Empathy

**Independent research including randomised control trials on three continents have found that children in the Roots of Empathy program experience:**

- An increase in prosocial behaviours (E.g., kindness, sharing, helping, and including)
- An increase in empathy
- An increase in knowledge of infant development
- A decrease in aggressive behaviours, including bullying

(Schonert-Reichl, Zaidman-Zait and Hertzman, 2012; Santos et al, 2011; Latsch and Bollinger, 2017; Connolly et al, 2018)

<https://rootsofempathy.org/research/>





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Olive♡♡

To me, bullying means: sadness, pain, like I don't feel loved

Bullying can look like...



Bullying can feel like...

Sadness

Pain

Misery



Appendix 7-B  
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2024

Mary Gordon was the opening speaker  
at the HundrED Innovation Summit



**NEW!** 2025  
Spotlight on Wellbeing  
in Schools winner

2023

'Hall of Fame' Permanent Status as  
Education Innovators



2022

Innovation in Education  
winner



2021

Innovation in Education  
winner



2020

Innovation in Education  
winner



2019

Innovation in Education  
winner



2018

Innovation in Education winner  
Mary Gordon speaks at HundrED  
Summit



## A JOURNEY OF EDUCATION INNOVATION EXCELLENCE

### About HundrED:

Based in Finland, HundrED is a mission-driven organization focused on improving access to, and quality of, education through impactful and scalable innovations.



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**One of a small group of school based well being innovations awarded as being the most effective in the world**

This prestigious honour underscores ROE's **deep impact** and **scalability** on **students' wellbeing** in schools, and celebrates how **ROE engages not just children but their teachers, families, and communities.**





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# The Need Identified by HundrED and its Partners

- Declining student wellbeing, exacerbated by the Pandemic
- Many programs and initiatives were not grounded in scientific evidence
- Research that student's wellbeing influences their ability to learn, thrive, and attain life satisfaction as adults
- Schools play a pivotal role, second only to families





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## From 2023 ROE Global Evaluation

94% of host teachers agreed or strongly agreed that the Roots of Empathy program supported mental health and wellbeing

~ Global Program Evaluation

87% of students reported that their Roots of Empathy baby helped them to understand that they have the right to be loved

~ Global Program Evaluation

98% of parents reported that they felt that along with their baby, they were helping children to develop empathy

~ Global Program Evaluation





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