

I Can, You Can Empathy - Intermediate

Description

Students develop understanding of empathy through associating their feelings to specific scenarios including, but not limited to, videos, stories, or pictures. Students learn to recognize empathic characteristics by identifying with characters who have had similar experiences.

Objectives

- Understand how empathy works in a multiple of scenarios.
- Develop a better sense of initial emotions when reacting.
- Recognize empathic characteristics through experience.
- Practice critical thinking skills.

Materials

- Approximately 10 photos that elicit strong emotions.
- Examples:
 - Children walking barefoot
 - Two people hugging
 - A burning building
 - The entrance to a dark staircase
- Pick a variety of images, some with people and some without, to demonstrate a variety of emotions.
- Computer/smartboard/projector

Set-up

- Prepare a slideshow with the images

Activity (40 minutes)

Introduction (10 minutes)

- Review the concept of empathy.
- Questions to ask:
 - What do you do when you know someone is upset?
 - How do you know when they're upset?
 - Does learning about someone's experiences make it easier to empathize with them?
 - After understanding someone else's emotions, what can you do?
- Explain the activity.
 - Each image in the slideshow is meant to prompt an emotional response.
 - Discuss the emotions you felt with the class.

Slideshow (20 minutes – 2 min/slide)

- Go through the slideshow with the class, taking time to discuss each photo for a few minutes.
- After each photo, give them a moment to react, then ask for volunteers to explain their initial emotional response.
- Questions to ask:
 - Why do you think you feel this way?
 - What feelings come after your initial reaction?
 - Who do you empathize with in the picture? Why?

Synthesize (10 minutes)

- Bring all ideas on the concept of empathy together.
- Questions to ask:
 - Why is it important to understand our feelings?
 - Why do you think you reacted to some images with stronger emotions than others?
 - How does empathizing with others help us understand our own emotions?
 - How can empathy help us in a team atmosphere?
 - How does empathy help us be more inclusive to others?