

I Can, You Can Empathy - Beginner

Description

Students define feelings to help better understand their own. Students learn new terminology and define these emotions: happiness, sadness, anger, disgust, fear, surprise. By working together to define the emotions using their personal experiences, this activity provides an opportunity for creativity and problem-solving.

Objectives

- Understand the meaning of happiness, sadness, anger, disgust, fear, and surprise.
- Understand how feelings impact the emotions of others.
- Gain self-awareness of personal feelings.

Materials

- Poster paper
- Tape
- Writing utensils
- Chalkboard/smartboard

Set-up

- Write the emotions (listed above) on the poster paper (one word per poster)
- Hang the posters around the classrooms
- Write the emotions on the chalkboard/smartboard

Activity (43 minutes)

Introduction (10 min)

- Ask the class to list off different feelings.
 - Write them on the board.
- Afterwards, facilitate a brief discussion by posing questions like:
 - When have you felt these different feelings?
 - Have you noticed these feelings in your friends or family?
- Explain the concept of empathy as the ability to understand and share feelings with others.
- Explain the activity.
 - They will rotate around the room in groups.
 - Each group will write down: a description of the feeling, an example of when they felt that feeling (at school or at home).

- After all words have been defined, they will discuss their definitions with the class.
- Divide the class into 6 groups.
 - Each group should have one note-taker and switch between terms so that everyone has an opportunity to write at least once.

Defining (18 min - 3 min/feeling)

- Students rotate around the classroom.
- Each group has 3 minutes to come up with a definition and example.
- Rotate after 3 minutes until each group has had a chance at each feeling.

Synthesize (10 min)

- Each group reads off the descriptions/examples from the last poster they wrote on.
- Review the concept of empathy.
- Questions to ask:
 - How has this activity changed the way you understand feelings?
- Ask students to volunteer to explain their example in more detail.
 - How did the people around them help them understand their feelings or work through their feelings better?