



Students activity book

AGE GROUP 10–14

Habit- brief explanations	Empathy=ability to identify, understand and feel other people’s emotions, starting from your own life experiences. The word ”empathy” comes from the Greek word "empathia", which means "affected", "passionate"
A glossary of terms	Sympathy= attraction, affinity someone has for a person, or that they can arouse in someone, affection;
Basic instruments/ materials	Digital interactive presentation (www.mentimeter.com), the version which students can have access to on their phones (www.menti.com)
Short instruction of the training sessions or the activities	By the end of the class you will be able to: <ul style="list-style-type: none"> - associate the concept „empathy” with certain words, with a colour or a picture; - identify the traits of an empathic person; make the difference between “empathy” and “sympathy”; - practice their ability to give empathic answers; - practice their abilities of assertive communication and empathic group interaction.
“a bag of tricks” useful pieces of advice and suggestions for the students	”Put yourself in somebody else’s shoes”, try to understand their emotions, feelings, ideas and actions! Let the others know, in a friendly and respectful way, the fact that you understand what they think and feel! Change your perspective and listen to the other point of view!

Worksheet / exercises....

1. *What words come to your mind when you hear the word ”empathy”?* Write them down (brainstorming, 5’): Note your answers using the interactive presentation tool: www.mentimeter.com . Use your phones to access www.menti.com and log in to the presentation introducing the presentation code on the screen. Fill in the blanks with the right words, which will be displayed on the presentation slide. Some words will be bigger than others. The bigger they are,

the more frequently they are used. Analyse the “word cloud” with your classmates and teacher and find which the most common associations are.

2. How would you describe an empathic person? For each trait you identify, you can draw a picture or create a symbol.

3. Debate

Give a well-supported answer to the question : **Was I born or do I become empathic?**

For example:

- Little children react spontaneously to the suffering others experience; they become more empathic as their parents raise their awareness on the consequences their deeds may have.
- We imitate naturally, in less than half a second, the posture, the look and the voice of the person in front of us (Monkey see, monkey do!);
- Having experienced a similar situation makes you even more empathic towards a person (e.g. hunger).

4. Choose among the actions below, the ones that you think are necessary to become an empathic person:

- a. I notice what the other feels and I accept their feelings, no matter how intense they are (e.g.: anger, sadness, frustration, disappointment);
- b. I listen to what the other is saying and I don't think about what I am going to say;
- c. I ask to deepen my understanding of their perspective, to check if I have correctly and precisely understood their perspective;
- d. I am open to a dialogue with my interlocutor, in a curious, kind and respectful way, without giving advice or trying to work out their problem.

Give arguments for your choice/choices.

5. Watch the video and talk with your classmates about the most relevant aspects : *Brené Brown on Empathy*”; animation: Katy Davis (AKA Gobblyne) www.gobblyne.com, available on You Tube at <https://www.youtube.com/watch?v=1Evwgu369Jw>

6. Evaluation (5’): [Wordwall game ”””: https://www.wordwall.net/ro/resource/12877422](https://www.wordwall.net/ro/resource/12877422)