



Students activity book

Empathy

AGE GROUP 17–19

<p>Habit- brief explanations</p>	<p>Empathy is the ability to understand others’ emotions and/or perspectives and, often, to feel how they feel. For example, if Anna starts to feel sad after talking to her friend, Beatrice, who feels sad due to her cat’s death, she shows empathy. Thus, even though Anna does not have a pet, she can imagine how it is like for her friend to face that particular situation of losing her beloved pet. In other words, Anna places herself in her friend’s shoes and resonates emotionally with how Beatrice is feeling. Moreover, Anna knows that the sadness she feels is not hers – it belongs to Beatrice, and she started to feel it by learning what the cat meant to Beatrice. To summarize, empathy is not mere emotional contagion. It is the ability to acknowledge and understand someone else’s experience and even start to resonate emotionally with others while being conscious of the source of emotions.</p>
<p>A glossary of terms</p>	<p>altruism = promoting someone else’s welfare, even at some cost to oneself compassion = feelings of concern for another person emotional self-regulation = controlling own emotions by oneself vicarious emotions = emotions that we feel when something happens to someone else</p>
<p>Basic instruments/ materials</p>	<p>Online video, worksheet</p>
<p>Short instruction of the training sessions or the activities</p>	<p>By the end of the class you will have:</p> <ul style="list-style-type: none"> - practiced and trained your empathy by telling someone else’s story while focusing on their emotional and cognitive perspectives. - deepened your understanding of empathy - found ways to strengthen your empathy, to recover and preserve your emotional resources.
<p>“a bag of tricks” useful pieces of advice and suggestions for the students</p>	<p>Be curious and open about others’ perspectives! Be present! Let your imagination free! Challenge your stereotypes and prejudices!</p>

Exercise 1

Watch the video in class.

<https://www.facebook.com/LiamDineen/videos/1050094668811514>



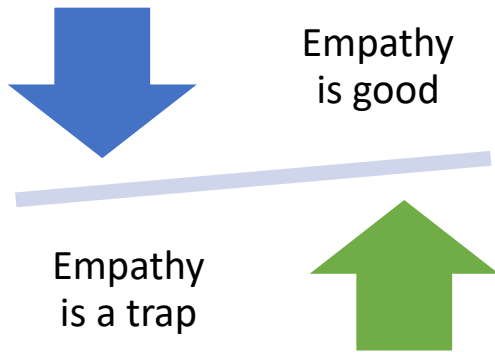
Telling the others' story¹

Use your own words and style to write the story you saw in the video. Focus on the feelings, emotions, and thoughts you think the characters had as the action happened. To this end, imagine who the characters were, where they were going, what did they have to do, what were their needs and desires, what they were thinking about others. Try to take their perspective as vividly as possible.

Write your story below:

¹ The images are cut from the video <https://www.facebook.com/LiamDineen/videos/1050094668811514>

Exercise 2



In teams, debate with your colleagues to what extent empathy is beneficial or can become a trap. Find ways to strengthen your empathy and commit to at least one of them.