



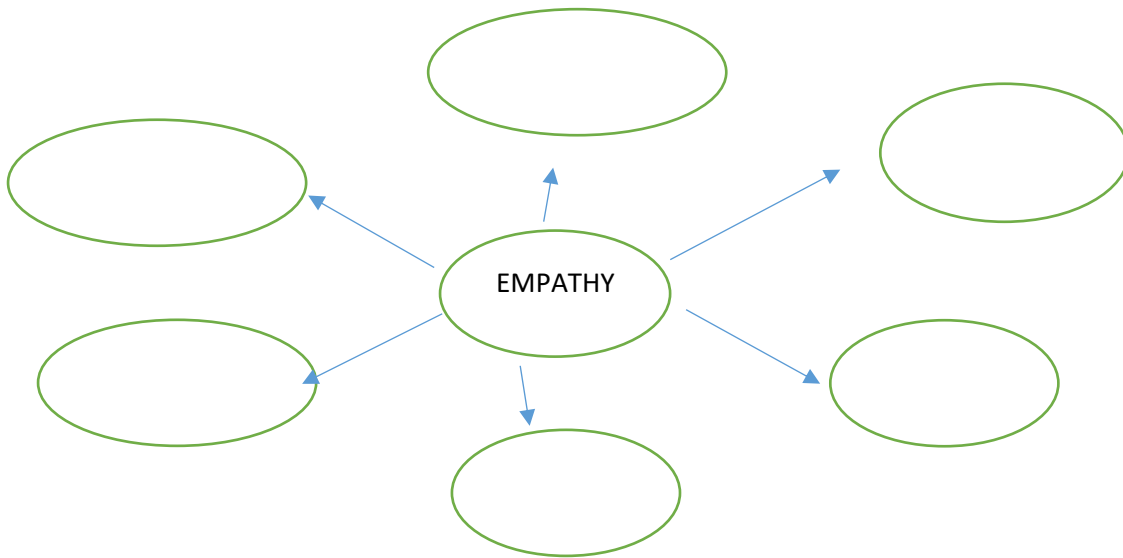
Students activity book

AGE GROUP 6–10

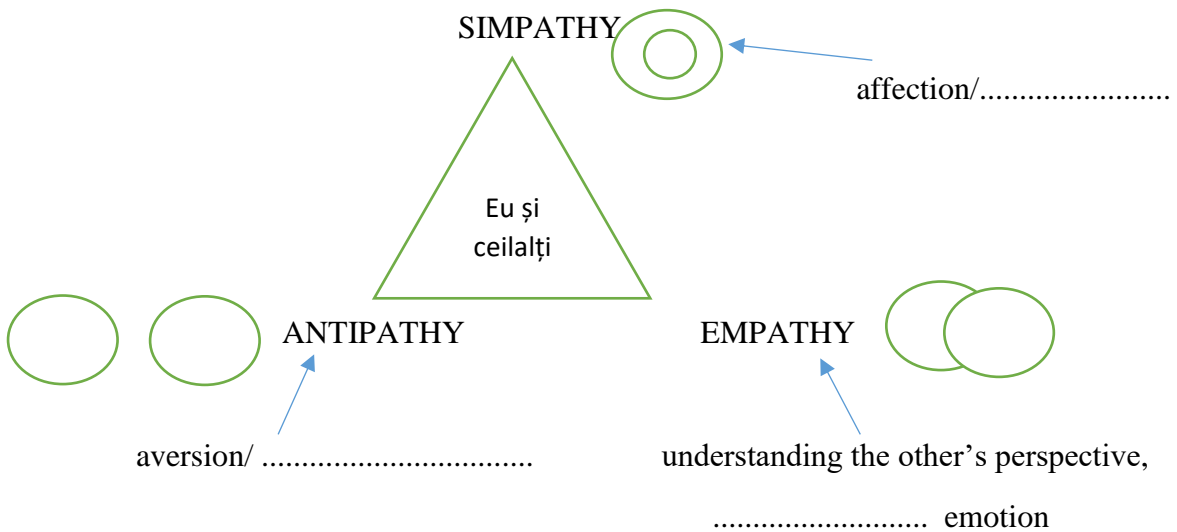
Habit- brief explanations	One or several emotions, feelings that we have towards the others appear during our interaction with other people. We are different and we think differently, because we are unique and complex personalities. Thus, we are empathic towards other beings around us, who are more unhappy, sadder or are going through physical or spiritual pain.
A glossary of terms	Empathy Understanding the other’s perspective, thoughts and emotions.
Basic instruments/ materials	Empaty- Best Inspirational Story https://www.youtube.com/watch?v= mtF0EphPHY Puzzle –representative picture from the video ” Empathic glasses” – cut out template for role-play
Short instruction of the training sessions or the activities	By the end of the class you will have: Completed ”The Bunch/ the mind map” with words that express emotions/feelings/ moods, empathy is based on. ” The empathic glasses”- put yourself in the character’s shoes, tell the story and talk about the character’s feelings and emotions from his perspective.
”a bag of tricks” useful pieces of advice and suggestions for the students	If a person shares with you a personal experience (be it pleasant or unpleasant), remember how you felt in that situation, when it happened to you or when you went through something similar.

Worksheet / exercises....

- Game: "The bunch", as it results from the story.



- Fill in the Emotions triangle, *Me in relation with the others*:



- Give examples of proverbs about friendship, understanding, empathy:

.....

- Make the puzzle (in Appendix 1) so that you get this picture !



- "The shoe game"-Describe the chosen person!

(Describe in a couple of words the personality of the person you have chosen, mentioning his/her passions, culinary, sports, cultural preferences.)



.....

.....

.....

.....

- " The empathic glasses!"- cut out the image of the glasses in Appendix 2.



" One day, when Mathew arrived at school, he discovered that some cars were missing from his album. He had spent a lot of time with his dad, sorting out, classifying all the cars in the album, according to their brand. They were all there, lined up, nice and quiet. It was an important achievement for him. His passion. But now..., one was missing. He couldn't understand why. He had shown all of them to his best friends who were really thrilled. He was completely puzzled.

At some moment, a curly red-haired classmate, red with anger, confessed:

- I took your black car with red arrows on its fenders. I took it! And her face was flooded with huge, bitter tears.

Mathew stifled his tears, it was an important car for him! Why did that red-haired girl take it? Did she have any reason? For a couple of seconds his thoughts went back to his car, then to the curly ginger - haired girl, whose face was hotter than the sun and he started thinking why was she crying harder than him, it wasn't her who had lost a collection car..."

Put the empathic glasses on your nose and continue the story... what do you think happened after that? Tell your story to the class as you see it through the magic glasses, which tell only the truth.

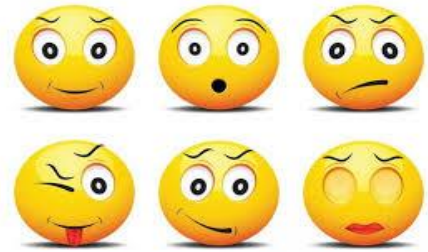
.....

.....

.....

.....

How have you felt while working out the tasks in today's lesson?



Appendix 1



Appendix 2

