



Session 2.3 Empathy Grades 6-8

In today's activity you and your child will be learning about empathy. **Empathy** is the ability to understand and share how someone else feels. Empathy is important because if we understand how someone is feeling we can respond appropriately. You will need a device to watch the video below.

Materials: Computer or tablet to show the video [The Importance of Empathy](#)
Copy of Scenarios Cards: [Someone Else's Shoes](#) Cut the scenarios into little strips of paper and place them in a bag or basket.

Activity: Part 1

1. Start by showing your child the video [The Importance of Empathy](#).
2. Discuss: a) What does empathy mean to you?
b) Can you think of a time that you were empathetic to a friend? What happened? How did it make you feel?
c) Can you think of a time when someone was empathetic towards you? What happened? How did it make you feel?
d) Can you think of a time that you wanted someone to be empathetic towards you, but they did not do so? What happened? How did you feel?
3. Discuss: Have you ever heard the term 'Walking in someone else's shoes? What does that mean?
4. Tell your child: today we are going to practice understanding other people's perspectives. You are going to draw a slip of paper, read the scenario to yourself, think about it, then explain it to your family members.
5. Draw a slip of paper from the [Someone Else's Shoes](#) bag.
6. Read the slip of paper - Tell your child: You are going to complete the rest of the activity as this character, so take some time to think about how he or she feels in the given situation. Give them a few minutes to think about it.
7. Pair up with a family member . As your character, tell your partner about your situation. Your partner should practice being empathetic as he is listening to your story. Then, switch roles: practice being empathetic as your partner, as his character, tells you what he is experiencing.
 - a) With your partner, discuss how she showed empathy toward you, how it made you feel and what you wish she had done differently. Use statements like, "I could tell you were really listening to me because you maintained eye contact with me during the entire conversation, and that made me feel like you care."

