

Empathy Walk



To teach students about empathy by encouraging them to understand and share the feelings of others through a guided activity. To encourage students to be vulnerable with their peers and to open up and share their past experiences.



Learning Intentions

Understand and Practice Empathy:

Students will develop a deeper understanding of empathy by discussing real-life scenarios and reflecting on how they can support others through active listening and compassionate actions.

Encourage Vulnerability and Emotional Sharing:

Students will learn to open up and share their personal experiences, fostering trust and respect within their peer groups and encouraging vulnerability.

Promote Positive Social Interactions:

Students will practice building supportive relationships by demonstrating empathy towards their peers and contributing to a caring and inclusive community.



Success Criteria

Active Participation in Empathy Discussions:

Students thoughtfully engage in the "Empathy Walk" activity, discussing scenarios and offering empathetic responses and actions with their partners.

Demonstration of Empathy and Understanding:

Students show an understanding of empathy by suggesting appropriate ways to support others, using active listening and expressing compassion during the activity.

Reflection on Personal Experiences:

Students reflect on their own experiences and share how they have felt in similar situations, contributing to the group's understanding of empathy and emotional support.



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Objective:

To teach students about empathy by encouraging them to understand and share the feelings of others through a guided activity. To encourage students to be vulnerable with their peers and to open up and share their past experiences.

Materials Needed:

- Scenario cards with different situations that require empathy
- Pen and paper for students to create their own real life scenario.
- Open space for walking

Preparation:

1. Create scenario cards that describe various situations where someone might need empathy. Examples include:
2. A friend is sad because they lost a pet.
3. A classmate is nervous about a test.
4. Someone is new to the school and feels lonely.
5. A teammate feels frustrated after losing a game.
6. A sibling is upset because they broke their favourite toy.
7. Give individual students 5 mins to reflect upon a time when they felt anger, frustration, sadness, resentment, loneliness etc and create their own scenario card detailing the situation that led to them experiencing an emotion/s.



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Instructions:

1. Introduction (1 minute):

2. Explain to the students that they will participate in an “Empathy Walk” activity to help them understand and practice empathy. Discuss what empathy means and why it is important to be empathetic towards others.
3. Explain the importance of mutual respect and trust which allows for people to be vulnerable with each other.

4. Empathy Walk Activity (4 minutes):

- Divide the students into pairs and give each pair a scenario card (or use personal scenario).
- Ask one student in each pair to read the scenario aloud and then discuss with their partner how they would feel if they were in that situation or to discuss how they actually felt in their real life scenario.
- Have the pairs take turns walking around the space, discussing how they can show empathy and support to someone in that situation. Encourage students to give feedback on how the situation could be handled.
- Encourage the students to think about specific actions and words they can use to show empathy.
- After a couple of minutes, switch roles within the pairs so both students get a chance to practice being empathic.

Debrief (1 minute):

- After the activity, gather the students and ask them to share some scenarios and how they would show empathy in those situations.
- Discuss the importance of listening, understanding, and being supportive to others.
- Highlight how showing empathy can strengthen friendships and create a more caring community.
- Discuss what life lessons could have been learnt from each scenario and how these can be used later in life.

Conclusion:

- Encourage the students to practice empathy in their daily lives by being aware of others' feelings and offering support and kindness. Remind them that small acts of compassion can make a big difference.

