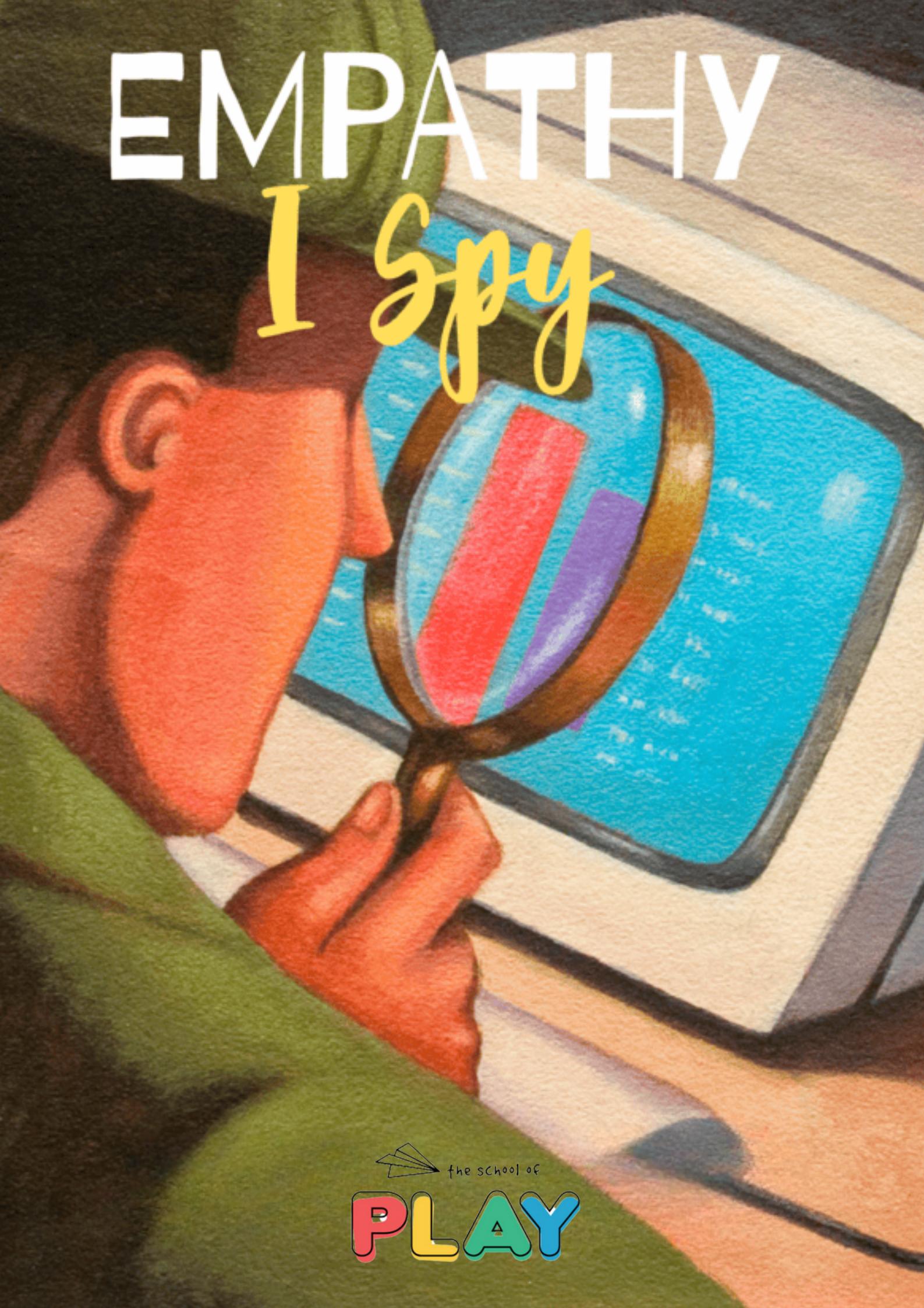


EMPATHY

I Spy



Empathy I Spy

Instructions

Objective:

Foster empathy and positive reinforcement in group settings by encouraging participants to observe and appreciate the positive actions of others discreetly.

Players:

Suitable for families, school groups, or workplace teams.

Materials:

- Small pieces of paper.
- Pens or markers.
- A container or bowl.
- Optional: Envelopes for confidential feedback.

Setup:

Each participant's name is written on a separate piece of paper, folded, and placed in a container for drawing.

Gameplay:

- Participants draw a name from the container, making sure not to pick their own.
- They discreetly observe the person they drew, noting positive qualities or actions.
- After a set period (a day or a week), participants share their observations.

- Feedback is given either verbally or in written form (using envelopes for privacy).
- The aim is to focus on and appreciate the positives in each other.

Winning the Game:

It is not competitive; it focuses on building empathy and positive group dynamics.

Variations for Different Settings:

- For younger participants, simplify the task to identify one positive trait.
- Introduce themed observation periods like "Kindness Week."

Additional Notes:

- Empathy I Spy is a powerful tool for creating a culture of appreciation and positivity.
- It encourages participants to look for and acknowledge the good in others, enhancing group cohesion and individual well-being.

Download the video [HERE](#).