

Empathy Go Fish

Grade Three & Four



Go Fish - Empathy & Vulnerability Edition is to encourage self-reflection, empathy, and connection among players by prompting them to share personal experiences related to empathy, vulnerability, and kindness. As players match cards in the game, they engage in meaningful conversations, practicing vulnerability and connecting with one another. The goal is not just to match cards but to create a safe and supportive environment where players can reflect on their emotions, experiences, and personal growth.



Learning Intentions

I can practice empathy by reflecting on and sharing personal experiences of vulnerability:

Through the reflective prompts in the game, players will share and listen to personal stories, practicing empathy by connecting with others' experiences and emotions.

I can build emotional awareness and self-reflection skills by answering meaningful questions about my own experiences:

The game promotes self-awareness, allowing players to reflect on their emotions, personal growth, and challenges they have overcome.

I can foster deeper connections with others by sharing moments of kindness, vulnerability, and support:

By encouraging sharing and active listening, players will build stronger emotional connections and a supportive environment, enhancing their interpersonal relationships.



Success Criteria

I can share personal reflections about vulnerability and empathy with others in a thoughtful and respectful way:

Players will demonstrate their ability to reflect on their own experiences and communicate them openly, fostering empathy in the group.

I can listen to others' experiences without judgment and show understanding and support:

Players will actively listen to their peers' reflections and offer empathy, creating a safe environment for sharing vulnerable experiences.

I can participate in the game by asking thoughtful questions, sharing experiences, and contributing to the overall positive atmosphere:

Players will actively engage with the game, asking questions, and participating in meaningful conversations about empathy and vulnerability.



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Objective:

Go Fish - Empathy & Vulnerability Edition is to encourage self-reflection, empathy, and connection among players by prompting them to share personal experiences related to empathy, vulnerability, and kindness. As players match cards in the game, they engage in meaningful conversations, practicing vulnerability and connecting with one another. The goal is not just to match cards but to create a safe and supportive environment where players can reflect on their emotions, experiences, and personal growth.

Game Setup:

- Use a standard deck of cards with tens and picture cards removed. Aces are worth one.
- Deal five cards to each student, set one card aside without looking at it.
- Instead of pairing cards to make tens, students will pair cards with empathy or vulnerability prompts.
- The game proceeds just like regular **Go Fish**, with each student trying to form pairs by asking for matching prompts or experiences that align with the cards in their hand.

Empathy & Vulnerability Prompts:

• Ace:

"What is something you are proud of accomplishing recently, and why does it make you proud?"

• 2:

"Who is someone in your life that makes you feel supported, and what do they do to help you feel that way?"

• 3:

"Describe a moment when you showed kindness to someone else. How did it make you feel?"

• 4:

"What is one thing you've learned about yourself through a challenging situation?"

• 5:

"Think of a time when you were able to forgive someone. What did you learn from that experience?"

• 6:

"Share a time when you felt vulnerable with someone. How did they respond, and how did it affect you?"

• 7:

"When was the last time you felt misunderstood? How did you overcome that feeling?"



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- **8:**

"Talk about someone who inspires you with their empathy. What about them do you admire?"

- **9:**

"Share a moment where you had to put yourself in someone else's shoes to understand their feelings better."

- **10:**

"Think about a time when you asked for help. What did it teach you about yourself?"

- **Jack:**

"What is one of your strengths that has helped you through tough times? How do you use it to support others?"

- **Queen:**

"Describe a time when you had to be honest with yourself about something difficult. What did you learn from that experience?"

- **King:**

"When was the last time you showed vulnerability to a close friend? How did it strengthen your relationship?"

How to Play:

1. **Deal Cards:** Deal five cards to each player.
2. **Match Cards:** Players try to match cards based on the prompts. For example, if a player has the **Ace** of any suit, they will pair it with another **Ace** from a different player and answer the prompt aloud.
3. **Ask for a Card:** On their turn, a player asks another player for a specific card value to match their own. If the other player has the card, they give it to the asker. If not, the asker says "Go Fish" and draws a new card.
4. **Reflection:** When a player gets a match, they must share their answer to the reflection prompt aloud before continuing.
5. **Continue Play:** The game continues until all pairs are matched.
6. **Winner:** The student who ends up with the last unpaired card is the winner.



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Additional Game Variations:

- **Team Play:** For larger groups, students can play in teams, helping each other match pairs and reflecting on their experiences together.
- **Reflection Circle:** After the game ends, hold a reflection circle where students share any insights they gained about themselves or their peers during the game.
- **Challenge Rounds:** For each round, challenge players to be extra vulnerable or share a particularly meaningful story when they answer a reflection prompt.

Purpose of the Game: This version of **Go Fish** encourages self-reflection, empathy, and open communication while promoting vulnerability and emotional connection between players. It's perfect for promoting mental and emotional well-being and fostering deeper relationships in any setting.

