

# Empathy Role Play

# GIVING

**To practice understanding and responding to others' emotions by acting out different scenarios, reinforcing empathy, kindness, and support in social interactions.**



## Learning Intentions

**I can practice understanding and responding to others' emotions:**

This encourages students to actively listen and consider how others are feeling, helping them to develop empathy and emotional intelligence.

**I can demonstrate empathy, kindness, and support through role-play:**

This allows students to practice how to respond with empathy, showing that they understand others' emotions and are willing to offer support.

**I can recognise different emotions and the appropriate way to respond to them:**

This helps students identify a range of emotions and provides them with tools to address and respond to these feelings in a compassionate way.



## Success Criteria

**Acting Out Scenarios to Understand Emotions:**

Students can act out different scenarios to understand how others might feel, engaging with the concept of empathy by practising it in different situations.

**Responding with Kindness and Respect:**

Students can respond to others with kindness and respect during the role play, demonstrating appropriate reactions to emotions and building respectful, supportive behaviours.

**Reflecting on Actions and Impact:**

Students can reflect on their actions and how they made someone feel during the role play, promoting self-awareness and allowing them to learn from their experiences in practising empathy.



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**Objective:** To practice understanding and responding to others' emotions by acting out different scenarios, reinforcing empathy, kindness, and support in social interactions.

**Players:** Ideal for small groups or pairs of students.

**Materials:** Printed role play scenario cards, cut out each scenario (see PDF resource).  
(optional: props or costumes for role-play)

**Time Required:** 10-15 minutes

**Setup:** Divide students into small groups or pairs. If desired, you can provide props or costumes to help students get into character, but these are optional. Prepare different scenarios that require empathy and kindness (some ideas are listed below).

## Gameplay:

1. **Introduce the Concept of Empathy:** Begin by discussing empathy with the students, explaining that empathy means understanding how someone else feels and offering support. Give examples of empathetic responses, such as saying, "I can see that you're sad, how can I help?"
2. **Present the Role Play Scenarios:** Using the PDF resource sheet for this activity, present and discuss each scenario or a few examples of them to the class.
3. **Brainstorm empathetic responses:** As a class brainstorm some examples of empathetic responses students could use for each type of emotion that is presented in the scenario.
4. **Role Play the Scenarios:** Assign each group or pair a scenario card. One student will act as the person experiencing the emotion (e.g., feeling sad, nervous, happy), and the other will respond with an empathetic response that supports the other person. Students should focus on how they would act in real life, offering kindness, support, and understanding.
5. **Switch Roles:** After each role-play, students should switch roles so that everyone gets a chance to practice both offering empathy and expressing their emotions. After each role play scenario cards are swapped with another group or pair.
6. **Discussion and Reflection:** After each scenario, briefly discuss how the students felt during the role play. Ask questions like, "How did you feel when your friend responded with kindness?" and "What could you do to help someone who is feeling upset?"
7. **Variation:** You can extend the activity by involving the whole class in role-playing, with multiple students acting out different characters in the scenario and the non acting students can work together to discuss what responses they could offer to help and support.

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**Winning the Game:** There is no winner in this activity. The goal is to practice empathy, kindness, and support, and to reflect on how responding with understanding can help others feel better.

**Additional Notes:** Empathy Role Play is a powerful activity for helping young students develop social and emotional skills. By practising how to recognise and respond to emotions, students learn how to navigate complex social situations with kindness and understanding. This activity also fosters a sense of community and cooperation in the classroom or group.



<p><b>The New Student</b> 🌟 Scenario: A new student has joined the class and looks shy and nervous.</p> <p>🧑🧒 Role Play: One student plays the new student, while others think of ways to make them feel welcome.</p>	<p><b>The Forgotten Lunch</b> 🌟 Scenario: A student forgot their lunch and feels sad at lunchtime.</p> <p>🧑🧒 Role Play: One student plays the hungry student, and others think of ways to help (sharing snacks, comforting words, telling a teacher).</p>
<p><b>The Playground Fall</b> 🌟 Scenario: A student falls on the playground and scrapes their knee.</p> <p>🧑🧒 Role Play: One student pretends to fall, while others decide how to show empathy and help.</p>	<p><b>The Lonely Classmate</b> 🌟 Scenario: A student is sitting alone at recess, looking sad.</p> <p>🧑🧒 Role Play: One student plays the lonely child, and others come up with ways to include them.</p>
<p><b>The Broken Toy</b> 🌟 Scenario: A student's favourite toy breaks, and they feel very upset.</p> <p>🧑🧒 Role Play: One student plays the sad child, and others show how to offer comfort and solutions.</p>	<p><b>The Nervous Speaker</b> 🌟 Scenario: A student is nervous about speaking in front of the class.</p> <p>🧑🧒 Role Play: One student plays the nervous speaker, and others offer encouragement and support.</p>
<p><b>The Left-Out Friend</b> 🌟 Scenario: A group is playing a game, and one student is left out.</p> <p>🧑🧒 Role Play: Students act out inviting the left-out student to join in.</p>	<p><b>The Lost Item</b> 🌟 Scenario: A student loses their favourite pencil case and feels frustrated.</p> <p>🧑🧒 Role Play: Students act out how to help look for the item and show support.</p>
<p><b>The Frustrated Learner</b> 🌟 Scenario: A student is struggling with a tricky puzzle and is feeling upset.</p> <p>🧑🧒 Role Play: Classmates encourage them to keep trying and offer to help.</p>	<p><b>The Shy Friend</b> 🌟 Scenario: A student is too shy to ask to play a game.</p> <p>🧑🧒 Role Play: Others notice and invite them to join.</p>
<p><b>The Upset Artist</b> 🌟 Scenario: A student works hard on an art project, but it gets torn by accident.</p> <p>🧑🧒 Role Play: Others show empathy by offering kind words or helping fix it.</p>	<p><b>The Scared Sleeper</b> 🌟 Scenario: A friend is scared of the dark at a sleepover.</p> <p>🧑🧒 Role Play: Students think of ways to comfort their friend.</p>
<p><b>The Birthday Blues</b> 🌟 Scenario: A student is sad because they weren't invited to a birthday party.</p> <p>🧑🧒 Role Play: Others show kindness by playing with them and including them.</p>	<p><b>The Overexcited Friend</b> 🌟 Scenario: A friend gets too excited during a game and accidentally pushes someone.</p> <p>🧑🧒 Role Play: Acting out how to apologise and respond with understanding.</p>
<p><b>The Sharing Struggle</b> 🌟 Scenario: Two friends want the same toy, but neither wants to share.</p> <p>🧑🧒 Role Play: Students practice resolving the situation fairly and kindly.</p>	<p><b>The Sick Friend</b> 🌟 Scenario: A student is home sick for a few days and misses school.</p> <p>🧑🧒 Role Play: Students act out how to check on their friend and make them feel included when they return.</p>