

Lesson Plan 2

Empathy

Equal Rights, Equal Respect

Note to teacher

- These slides provide all the information you need to deliver the lesson.
- However, you may choose to edit them and remove some of the detail to make them appropriate for your students.
- To edit these slides, you should save them to your computer with a different file name.

Feelings

Bad

afraid
angry
annoyed
anxious
bad
confused
depressed
embarrassed
envious
excluded

Bad

frightened
helpless
hurt
jealous
lonely
naughty
nervous
panicky
scared
selfish
thoughtless
upset
worried

Good

amused
brave
calm
cheerful
cooperative
determined
enthusiastic
excited
fair
fantastic
fine
friendly
funny

Good

good
happy
healthy
helpful
jolly
kind
proud
relieved
smiling
successful
thoughtful
victorious
wonderful

Describe the feeling

Winning X Factor



Describe the feeling

Winning the lottery



Describe the feeling

Losing your favourite pet

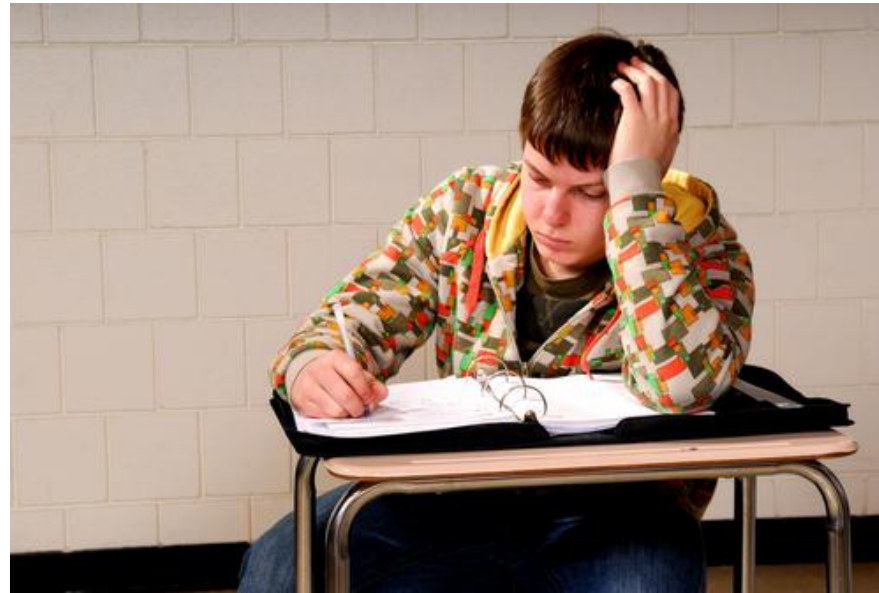


Describe the feeling

Arguing with a friend

Describe the feeling

Sitting an exam



Speed chat

Option 1:

- Think of a good experience. Describe how it felt to the person opposite.
- Move along to a new partner.
- Describe the feeling of an experience that was less good.

Speed chat

Option 2:

Describe how you would feel when you:

- Find out you're going to Disneyland.
- Lose a watch your Grandma gave you.
- Are given the latest mobile for your birthday.
- Lose your favourite pet.
- Are given extra commendations for working so hard.
- Are excluded from class even though it wasn't you that misbehaved.
- Are told you're grounded for a week.

Speed chat

- What was it like describing your feelings?
- Were there some experiences that you liked talking about more? Why?
- How did you feel hearing about each other's feelings?
- Would you like to share your partner's experience? Can you imagine how it would feel?

Empathy

- Today's learning outcomes:
 - Understand what empathy is.
 - Be able to use empathy to change behaviour and build better relationships.

Empathy

- Empathy is considering other people's feelings – it's putting yourself in someone else's shoes.



Empathy

When we empathise...

we think about how we are making people feel...

this can lead to **changed behaviour....**

and **better relationships!**

Drama

Task

- Read the scripts and decide who will play each role.
- Be creative to decide on the ending, but keep it realistic – will it be good or bad?
- Really try to imagine the people's feelings so you can perform them in a convincing way.
- You have 10mins to rehearse. Go!

Drama

Ground rules

- Spend 2mins deciding on your roles. You will hear the countdown.
- When you hear me do X, that means stop and freeze in position.
- When acting out the roles, make sure that any physical contact is mimed, i.e. no hitting or touching.
- No talking to other groups or distracting them.
- Respect each other's performance!
- Remember everyone in this room is part of the performance! You are either the actors or the audience.
- When you're acting, do your best to perform convincingly.
- When you're the audience, listen, watch and clap at the end.
- We will all feedback after each performance. Give two ticks (positive points) and one target for improvement.

Hot seating

- Review the stills from the videos or the scripts.
- Work through one video or script at a time.
- Take it in turns to hot seat different characters.
- Ask the person in the hot seat about their experience and feelings.
- Once you have all been in the hot seat, move onto the next video.

Hot seating

Ground rules

- Spend just 1min in the hot seat. Your audience can only ask 6 questions.
- Take it in turns to ask a question by raising your hand and only voice it when the person in the hot seat points at you.
- One at a time.
- Ask open ended questions like, “Tell us about...” or “How does it make you feel when...?”
- Ask respectful questions to help understand the character’s feelings.
- Listen to each other’s responses and respect everyone’s thoughts and feelings. Be sensitive towards each other.
- When you hear me do X, that means stop and you must freeze in your positions.

Hot seating – example questions

- How long has it been going on?
- Have you done anything about it?
- How does it make you feel?
- Why do you think they are treating you this way?
- How often does it happen?
- Have you spoken to anyone?
- What would you like to happen?

Class feedback

- How did you feel playing the different roles?
- How was it imagining and acting out the feelings?
- What made some more difficult than others?
- Were you surprised by how you felt in any of the roles?

Take a walk in my shoes



Equal Rights, Equal Respect

Change behaviour

If people empathised, do you think any of these behaviours would change and why?

- Spreading rumours on MSN
- Calling people names
- Robbery
- Vandalising someone's property
- Racism
- Bullying someone because they are 'different'

What have we learnt?

- ✓ What empathy is.
- ✓ To be able to use empathy to change behaviour and build better relationships.