



What is Empathy?

Narrator: Today we are going to talk about the meaning of empathy.

Narrator: Empathy is the ability to understand what someone else is feeling.

Narrator: Many of you are familiar with a game that we play called high/lows. If you are not familiar with it, below are the directions:

Narrator: The only way to truly understand empathy is to experience it.

Narrator: High/Lows (15 minutes)

High/lows is a game that we can play with our friends, family members or classmates. The purpose of high/lows is to listen and understand the things that are currently happening to each other and how we are feeling. A high is the best thing that has happened to us this week or something that makes us happy and a low is the worst thing that has happened this week or something that makes us sad or worried. Share that happened to you this week, and will give examples.

Narrator: My high this week is xxx. My low this week is xxx.

The teacher facilitates a round robin discussion with participants reporting their high and low experiences and corresponding feelings. Each time a participant shares, the teacher will repeat to the class that student's high and low.

The teacher should listen, react, respond, and ask questions of the participants.

Narrator: What are you thinking when you hear people's highs?

Narrator: What are you thinking when you hear people's lows?

Narrator: That feeling you have when you hear someone's low is called empathy.

Narrator: Name 3 things you can do when you hear someone's low to comfort them?

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Empathy Lesson Student Handout

Watch this video on empathy.

<https://youtu.be/1Ewgu369Jw>

Answer These Questions:

1. What are you thinking when you hear peoples' highs?
2. What are you thinking when you hear peoples' lows?
3. That feeling you have when you hear someone's low is called empathy.
4. Name 3 things you can do when you hear someone's low to comfort them?