

# Understanding Empathy

**Lesson Purpose:** For students to understand what empathy means and how it looks in specific situations.

**Potential Curricular Crossovers:** Language, Health

## Lesson Introduction (5-10 minutes):

Get students to watch this video: <https://www.youtube.com/watch?v=ltp21tly8nM>

After the video has concluded, discuss:

- *What is empathy?*
- *How and when can you use empathy to relate to other people?*

## Lesson Body (35-40 minutes):

After watching the video, ask your students to pair up. Give them the “Understanding Empathy” worksheet with the scenarios listed below. Request that your students choose one scenario to brainstorm and role-play, with one version where they respond using empathy and one where they respond without using empathy. Provide them with the handout in this package (Understanding Empathy-Roleplay) so they can access the scenarios and plan out their roleplay.

## Lesson Conclusion (10-15 minutes):

Once students are done, get one pair to perform their role play for another pair and vice versa. Alternatively, students can perform their role-play for the entire class if time permits.

## Understanding Empathy Roleplay

### Scenarios:

- ★ Lilia and Paramjeet both tried out for the middle school soccer team. Both girls have played soccer in the same all-girls soccer league since they were four years old. After the tryouts, Paramjeet ended up making the team, but Lilia did not.
- ★ Your best friend picks on another student in class. Other people in your class join in. However, you regularly hang out with the other student in an out of school extracurricular.
- ★ Daniel and Alfonso met in one of their classes in high school. Alfonso develops a crush on Daniel's sister, who he has gotten to know over the past few years. Daniel's sister reciprocates these feelings and wants to date. However, Alfonso worries that this may interfere with their friendship.

If I show empathy....	If I do not show empathy...
Possible results:	Possible results:
Possible feelings:	Possible feelings:

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