

THE EMPATHY CHALLENGE



Objective: To help students develop their empathy skills and understand the importance of being able to understand and share the feelings of others.

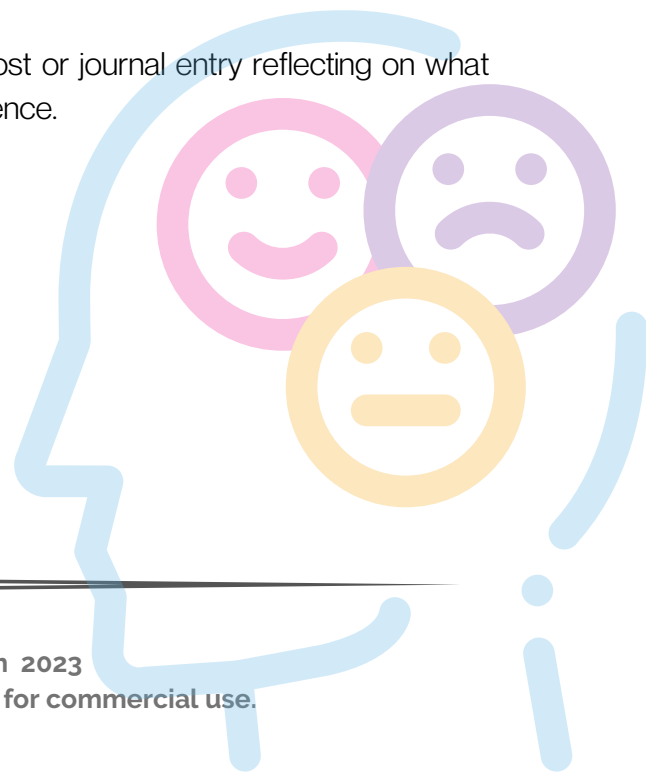
Materials: Paper, pens, a hat or container

Instructions:



- Ask the students to sit in a circle and explain that they will be participating in an empathy challenge.
- Ask students to write down a scenario or situation in which someone might need empathy.
- Collect the scenarios in a hat or container.
- Ask each student to take a scenario from the hat and read it aloud.
- Instruct the students to pair up with someone they don't usually interact with and spend five minutes discussing how they would feel and what they would do in that scenario.
- After the five minutes are up, ask the students to share their partner's thoughts and feelings with the group.
- Finally, discuss as a group how empathy can be helpful in resolving conflicts and building positive relationships.

Evaluation: After the activity, students can write a blog post or journal entry reflecting on what they learned about empathy and its role in emotional intelligence.



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