

# DEVELOPING EMPATHY

Equal Rights, Equal Respect

# 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



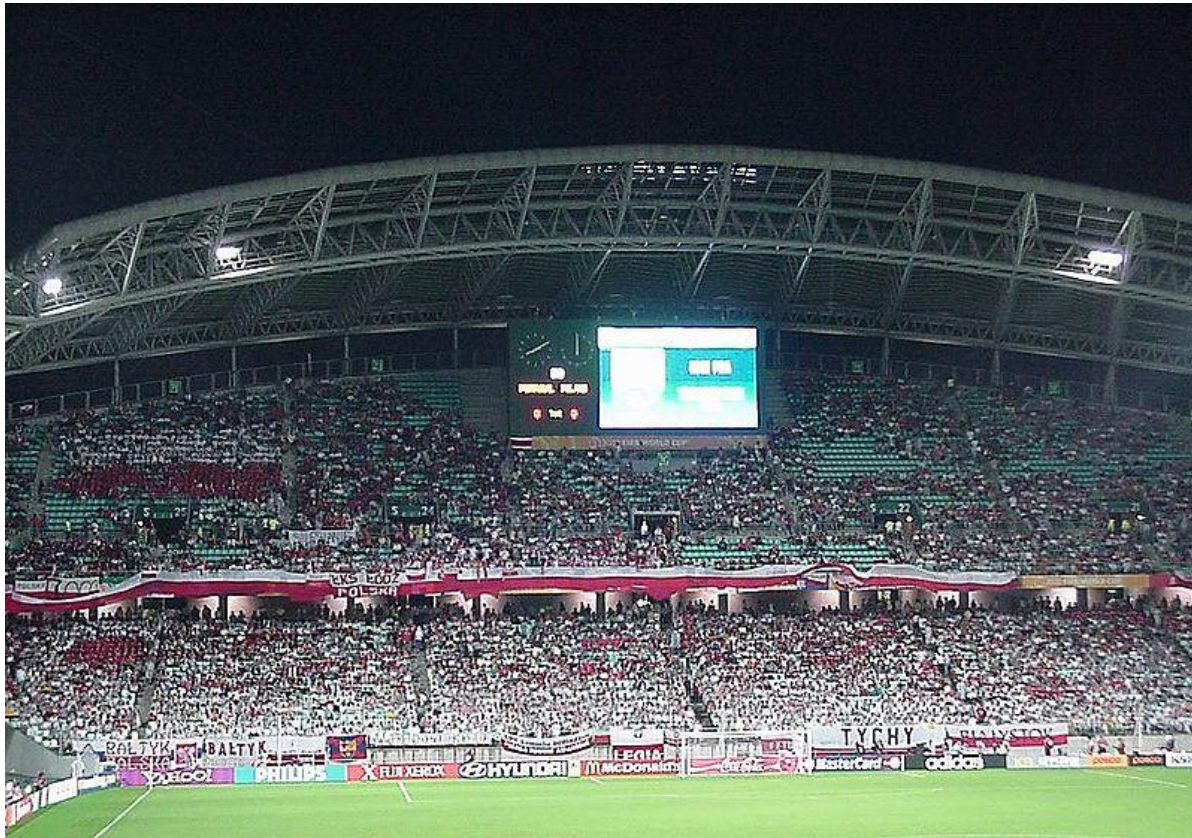
# Describe the feeling

Arguing with a friend



# Describe the feeling

Scoring the winning goal in the World Cup Final

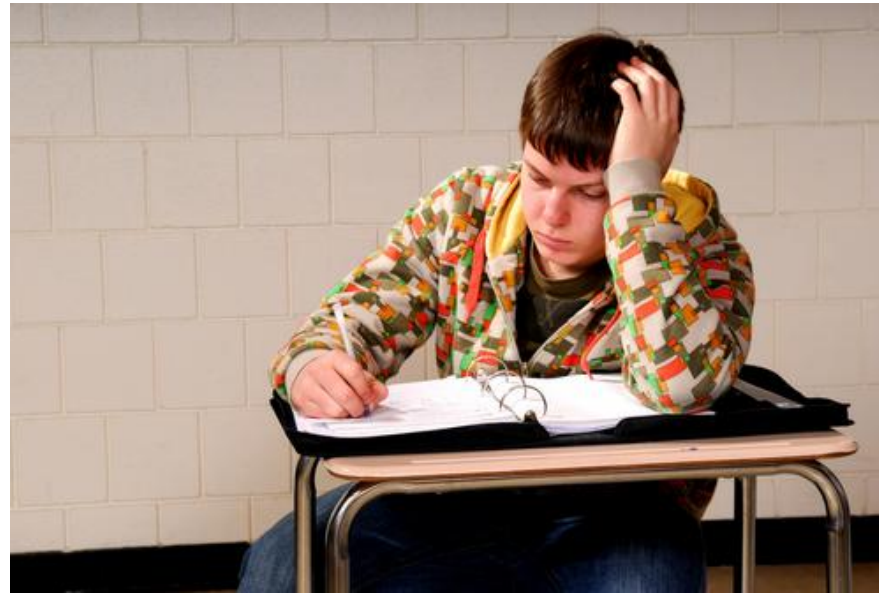


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# Describe the feeling

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

- 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!**

# 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.