Activity C

Empathy

This activity is to help students begin understanding Empathy.

During this activity, students will recall a time they were a brand new student or sitting all alone and then answer how it made them feel.

Important things to remember about empathy:

* It is the ability to put yourself in someone else’s shoes.
* Gives you the opportunity to experience the feeling, which now allows you to feel someone else’s feelings.
* Is the ability to relate and connect with others.

The benefits of this activity is to be aware and recognize your own feelings, be able to learn to speak from your own perspective, and be able to improve relationships.