



Developing Empathy Activity

1. Show the student the Brene Brown Empathy clip on YouTube.
2. Discuss what empathy looks like, sounds like, feels like
3. Support them to complete the activity sheet below.

Developing Empathy Activity Sheet



Jane, Anne, and Tom's Story

Jane, Anne, and Tom were sitting in the cafeteria when in walked Sasha. Sasha walked in without making eye contact with any of them. Even though they had several classes together Sasha had never actually spoken to any of them. She walked past them all not saying a word seeming to have her nose up in the air. Then she sat facing the wall and proceeded to take a book out of her bag. Tom noticed Sasha turn and give them all a 'look'. "Was she giving us a dirty look?" Anne asked. Anne and Jane sat telling Tom about how they had seen Sasha get into an expensive looking car after college and how they thought she was "stuck up". "She makes no effort with any of us" Jane said. "She obviously thinks she's too good to talk to the likes of us" Tom replied.

What do Jane, Anne and Tom think of Sasha?.....

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What do we know about Sasha?

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Sasha's Story

It is the same story every day. I think I am going to pluck up the courage to speak to the people in my class. However, I am so nervous and all I am doing is concentrating on not tripping over and making a fool of myself. By the time I get over to them I am completely tongue tied and then I just end up staring at them. I did not attend high school, I got massive anxiety about going in year 7 so my mum decided to educate me at home, so this is the first time I have been in a classroom in 5 years. Everything feels scary but I know I need to get out there and make some friends. Although it was good being at home, I missed having friends. My mum also works really hard managing her own business, so I know me being at home was hard for her. I cannot even manage to take the bus home yet, so mum has to take time out of her day to pick me up. I wish I found it easier to talk to people.

What did we learn about Sasha that helped us understand and have empathy for her?

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How did your feelings about Sasha change after reading about things from her perspective?

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