

Date: October 20, 2021	<b>GHS Seminar</b>
Grade Level: 10 <sup>th</sup>	<b>Seminar Meeting</b>
<b>Recommended Sequence</b>	
<b>Objective(s) / Learning Target(s):</b>	1. By the end of this session, students will be able to: <ul style="list-style-type: none"> <li>✓ define empathy and describe five components of empathy</li> <li>✓ describe and evaluate their own feelings or reactions in a particular situation</li> <li>✓ describe factors that help them “read” social cues about what someone else is feeling</li> </ul>
<b>Materials Needed:</b>	<b>Materials</b> <ol style="list-style-type: none"> <li>1. Got Empathy? Self-Reflection, one per student (see below)</li> <li>2. Your Personal Empathy Score, one per student (see below)</li> </ol>
<b>Suggested Process:</b>	<ol style="list-style-type: none"> <li>1. Start off by asking students to share any good news that they have (school, personal, extracurriculars, etc.)</li> <li>2. Have the following written on the board or projected on your screen, but have it covered up until you are ready to introduce it. <div style="text-align: center; margin: 10px 0;"> <b>EMPATHY</b> </div> <ul style="list-style-type: none"> <li>• Learned trait</li> </ul> <p>Allows people to . . .</p> <ol style="list-style-type: none"> <li>1. Name feelings</li> <li>2. Recognize body language clues</li> <li>3. Recognize different points of view</li> <li>4. Interpret social and emotional situations</li> <li>5. Act compassionately</li> </ol> <p><u>Introduction:</u></p> <ol style="list-style-type: none"> <li>1. Ask students: <ul style="list-style-type: none"> <li>* Have you seen a tragic news story involving someone you have never met but that had an emotional effect on you?</li> <li>* Have you ever felt upset about something that happened to a friend?</li> </ul> <p><i>(Allow students to share out after each or any of these questions as you ask them).</i></p> <p style="text-align: center;">We react that way because of our ability to empathize with others.</p> <p>Show Video Link Here: <a href="https://www.youtube.com/watch?v=cZ_i3yioHlo">https://www.youtube.com/watch?v=cZ_i3yioHlo</a>  - How did this short clip make you feel? Why?</p> </li> <li>2. Empathy refers to our ability to identify what someone else is experiencing almost as if it’s happening to us. It involves both instinctive and learned components. It includes both an unspoken understanding of what another person might feel in a particular situation, and our ability to relate to that emotion, which we typically experience as a response within ourselves. <i>(Reveal the prepared written information about empathy on the board or chart paper.)</i></li> </ol> </li> </ol>

	<p>3. Some of the components of empathy include being able to:</p> <ol style="list-style-type: none"> <li>identify and name our own feelings</li> <li>recognize how facial expressions and body language tell us what others are feeling</li> <li>recognize how others might view or experience the situation the same or differently</li> <li>interpret how someone else might be feeling in a particular situation (seeing things from their perspective)</li> <li>act on that knowledge in ways that are appropriate to a particular situation and the individuals involved</li> </ol> <p>4. Today, we're going to do an activity that gives us some insights about our own empathetic responses. We'll look at ways of taking someone else's perspective or point of view in various situations.</p> <p><u>Activity:</u></p> <ol style="list-style-type: none"> <li>First, distribute <i>Got Empathy? Self-Reflection</i> sheets to each student. Ask students to consider each statement and to honestly rate how they feel it describes them (on a scale of 1 to 5, with 1 being Not At All Like Me to 5 being Most Like Me).</li> <li>Project <i>Your Personal Empathy Score</i> on the board or screen and ask students to calculate their scores.</li> <li>Have students share out: What surprised you about your results? What seemed about right in terms of your results? Why?</li> <li>Whole class debrief: Once students are done with their discussions, have each group share out the differences between how they would feel if the situation happened to them versus how they felt if the situation happened to someone from the perspective cards.</li> </ol> <p>Move to the discussion questions below:</p>
<p><b>OTHER CONSIDERATIONS:</b></p>	<p><b>Discussion Questions:</b></p> <ol style="list-style-type: none"> <li>Do you think empathy is important? Why or why not?</li> <li>Why do you think empathy is considered a building block of moral development?</li> <li>What happens if you don't feel empathy for other people? How does that affect your ability to get along with others or to form positive relationships?</li> <li>What can we do to try to experience a situation from another person's perspective, even in cases when we <u>don't know</u> the other person? Even if we <u>don't like</u> the other person?</li> <li>What can your own reactions tell you about how someone else might be feeling? Do you think your reactions are reliable – why or why not?</li> <li>So what? Now what? What did you learn, what are your next steps?</li> </ol>

**Wrap-Up:**

Empathy is our ability to relate to how someone else is feeling in a particular situation. It is an important ability that affects how we get along with others and form relationships. Even though we are born with a capacity to feel empathy, we need to hone our observation skills and practice our ability to see things from other people's points of view.

## GOT EMPATHY? SELF-REFLECTION

**Instructions:** Read each statement below. For each one, circle the response (from 1 to 5) that best describes how you feel. Be honest with yourself.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Not at All Like Me	Somewhat Unlike Me	Neither Like/ Unlike Me	Somewhat Like Me	Most Like Me

1. When I see a person who is hurting, I want to help or comfort them.

1                      2                      3                      4                      5

2. I think people who treat pets like they are part of the family are ridiculous.

1                      2                      3                      4                      5

3. When I see someone who is left out, I feel sorry for them.

1                      2                      3                      4                      5

4. I think people who cry during a sad movie or book are overreacting and are just too sensitive.

1                      2                      3                      4                      5

5. When I see a classmate who is treated unjustly, I want to stand up for them.

1                      2                      3                      4                      5

6. I don't feel upset when I think someone else is being treated unfairly.

1                      2                      3                      4                      5

7. When I see a male who is ostracized, I feel sorry for him.

1                      2                      3                      4                      5

8. When I see someone being ridiculed, I just want to ignore the situation and walk away.

1                      2                      3                      4                      5

9. I often feel distressed when I see images on TV about disasters that have affected children and families.

1                      2                      3                      4                      5

10. I think people who give gifts or thank others for things are overly sentimental.

1                      2                      3                      4                      5

11. When I read about something sad or tragic in a book, it brings tears to my eyes.

1                      2                      3                      4                      5

12. People who cry when they are happy are weak and silly.

1                      2                      3                      4                      5

13. It makes me feel sad when something bad happens to someone I know.

1                      2                      3                      4                      5

14. It's hard for me to understand why people get upset about things.  
1                      2                      3                      4                      5
15. When I see a female my age crying, I feel like crying too.  
1                      2                      3                      4                      5
16. If I have something someone else wants I feel glad and don't feel any need to share with them.  
1                      2                      3                      4                      5
17. It makes me feel good to see other people open a gift that they really wanted.  
1                      2                      3                      4                      5
18. I feel people get what they deserve. If bad things happen to them, they must have done something to deserve it.  
1                      2                      3                      4                      5
19. When I see a male my age crying, I feel like crying too.  
1                      2                      3                      4                      5
20. When I see images of tragic events on the news – like famines or hurricanes – it doesn't affect me because I don't know those people.  
1                      2                      3                      4                      5
21. I feel embarrassed and guilty when I do something that hurts someone else's feelings.  
1                      2                      3                      4                      5
22. I think it's humorous when someone does something embarrassing.  
1                      2                      3                      4                      5
23. It makes me feel good to do something to help someone else, even if I don't know them.  
1                      2                      3                      4                      5
24. It doesn't bother me one way or the other when I see someone I don't know being bullied or made fun of.  
1                      2                      3                      4                      5
25. It makes me feel anxious when I see someone about to do something where I know they might get hurt.  
1                      2                      3                      4                      5
26. I don't feel anything when I see violence toward people on TV or in the movies – even if it is very realistic.  
1                      2                      3                      4                      5

## YOUR PERSONAL EMPATHY SCORE

### **INSTRUCTIONS:**

*Don't count or score your "1's, 2's, or 3's" for either the ODD or EVEN questions.*

*But for every ODD numbered question on the Got Empathy? Self-Reflection, give yourself +4 points for every item you scored as a 4 and +5 points for every item you scored as a 5. Add these points together.*

*And for every EVEN numbered question on the Got Empathy? Self-Reflection, give yourself -4 points for every item you scored as a 4 and -5 points for every item you scored as a 5. Subtract these points from your score above.*

If you scored:

**52-65:** You are someone who probably finds it easy to show that you care about how others feel, whether you know them well or not. People are likely to consider you a caring person and a good friend. Keep it up!

**39-51:** You are somewhat tuned in to other people's needs, but probably need some practice taking other people's perspectives and considering how you'd feel if you were in their shoes. Look especially at ways you treat others you don't know or like well – people just may find you a better friend.

**26-38:** You may need some practice reading social and emotional cues about how people are feeling. Practice looking at situations from other people's points of view. Consider ways you might make incorrect assumptions about others, based on your own experiences or biases.

**25 or under:** It's not easy to show empathy. You are probably not as aware of other people's needs as you could be. Consider talking with friends and adults you know to find out ways you could be more sensitive to others. Through practice, you can increase your empathy toward others. Think about some concrete goals you can set for yourself to understand how others may be feeling.

