



Students' Scaffolding Series DEVELOPING EMPATHY

Pre-Session Activity

How will you react in the following situation?

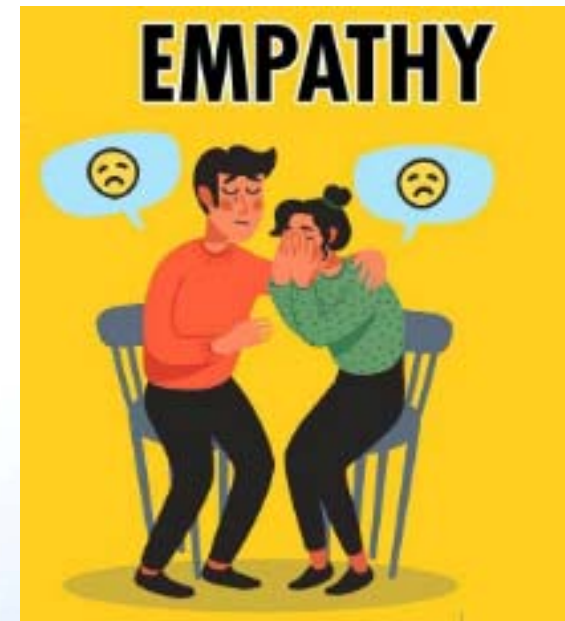
- 1. A boy of your class has slipped in the mud**
 - a. you'll laugh at stand up
 - b. you will hold his hand
 - c. You will tell him to stand up
 - d. No reaction, you will reach school on time
- 2. Your friend has stood 1st in a 100 meter race at district level**
 - a. you'll congratulate him bad/jealous
 - b. you'll also work hard
 - c. You'll feel bad/jealous
- 3. One of your junior is getting late to reach school on time to participate in an examination. You are coming by cycle. What will you do?**
 - a. You'll tell him to run faster reach friend to bring him fast
 - b. You'll give him lift
 - c. You will



Learning Outcomes

After this session students will be able to know...

- What is empathy?
- How do you feel empathy?



Understanding Empathy

Here is video on empathy. Let's watch this video first.

<https://youtu.be/27sho6s2eK8>



After watching the video, go to the next slide and answer the questions that are given there.

Discussion Forum

What do you think 'empathy' is?

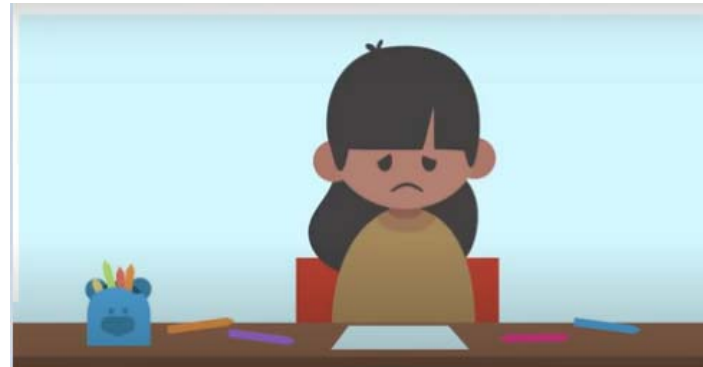
Three examples were given in the video to explain empathy.



Sick dog



Boy scoring less marks



Girl losing her pencil

Discuss in pairs what you have felt in the following situations:

- if you had a sick dog who needed treatment*
- If you scored less marks*
- If you lost your favourite thing*



What is Empathy?

*The ability to share and feel another person's feelings, as if they were your own is called **empathy**.*

*Make groups of four and discuss what habits we need to have to understand the other person's real feelings in a situation! Are these '**observe**', '**think**' and '**ask**'?*



Story of Anjali

Anjali is new in the school.

She scored highest marks in mathematics class test. She is very happy.

However, other students are not happy with her and openly show their hostility.

Another girl, Ridhima is watching this whole incident.



If you were Ridhima, what would have been your reaction for Anjali?

Discussion Forum

- *What do you think must be going on in Anjali 's mind?*
- *Do you think the other students were right in being hostile to Anjali?*



Suppose, instead of Anjali, this whole scenario happened with you. Would the things/perception change then?

Is empathy needed in life?

Classroom Activity: Thinking about Your Classmate

Here is a situation. Read the situation and write the answer accordingly in your sheet.

Amir is happy to know that he was chosen as the best student of the school.

(i) How do you think he feels?

(ii) Have you ever felt that way ?

(iii) What made you feel better?

(iv) What can you say to Amir?



Story of your best friend



Your best friend have been selected in singing at national level and she is going next week to meet Bollywood singer at Mumbai for her performance.

She is very happy and excited as she had really worked hard.

First and foremost she called you to tell this news.

What empathy would you have shown here?

Discussion Forum

- *What do you think must be going in mind of your friend?*
- *Do you think she needs your wishes and encouragement?*



Suppose you were in place of your friend. In this case, what kind of expectations will you have from your best friend?

Reflection Activity

How are you feeling today?



Good



Happy



Tired



Sick



Okay



Sad



Angry



Worried

Make pairs and discuss with your partner how is she/he feeling. Now, think if your partner needs some support. Without asking him/her, do you think you should provide that support?

Tasksheet

Here are a few situations. Read each situation and write how will you react in these situations and why.

1. Sahil is your friend recently admitted in your school. He was pushed down and got hurt in school.

- How do you think he feels? _____
- Have you ever felt that way ? _____
- What made you feel better? _____
- What can you say to Sahil? _____

2. Rahul scored very good marks in all subjects but failed in Hindi in his annual exam.

- How do you think he feels? _____
- Have you ever felt that way ? _____
- What made you feel better? _____
- What can you say to Rahul? _____

**THANK YOU!
YOU HAVE
PARTICIPATED
WELL!**

**ANY
QUESTIONS? If
you have I can
answer!**

