

Empathy

is feeling or understanding what someone else is feeling.



Compassion is empathy in action!

Pre-Session Activity

Have you ever been in a situation where YOU wanted someone's support of any kind, say emotional or to hear you out?

Were you able to GET that support?



Have you ever been in a situation where someone wanted YOUR support to stand with him/her?

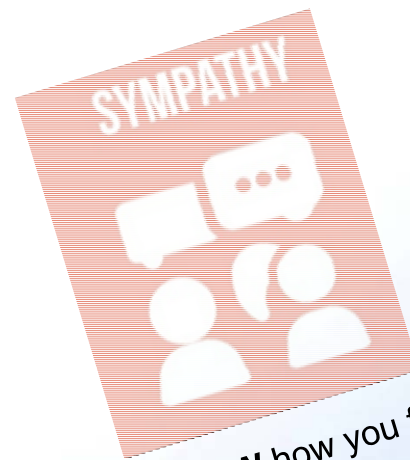
Were you able to GIVE that support?

Discuss how often we understand feelings of others in a situation!

Learning Outcomes

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

- ***What*** is empathy?
- ***How*** is the empathy different from sympathy?
- ***What*** is need of empathy?



"I KNOW how you feel"



"I FEEL how you feel"

Case Studies

SITUATION - 1

School Teasing

Mini is new in the school.

She had gone to the washroom.

Other kids teased her and pushed her towards the wall.

Another girl, Sukanya was watching this whole incident.

Suppose you were Sukanya. What empathy would you have shown here?



- *What do you think must be going in mind of Mini?*
- *Do you think the other kids were doing the right thing?*



Suppose you were in place of Mini. In this case, does the way you look at whole situation change?

IS EMPATHY NEEDED IN LIFE?

Case Studies.....(Contd.)

SITUATION - 2

A Friend Fails a Test

1. Imagine you are a student and a friend in your class has just failed a major test or exam.
2. Your friend is distraught because she/he studied really hard and still failed.
3. How do you demonstrate **EMPATHY**?



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



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

IS EMPATHY NEEDED IN LIFE?

Case Studies.....(Contd.)

SITUATION - 3

Putting an Animal to Sleep



- Imagine your beloved dog is dying.
- You try to keep her happy and comfortable for as long as possible, but a day comes when she is in too much pain to enjoy her life.
- How do you demonstrate **EMPATHY**?

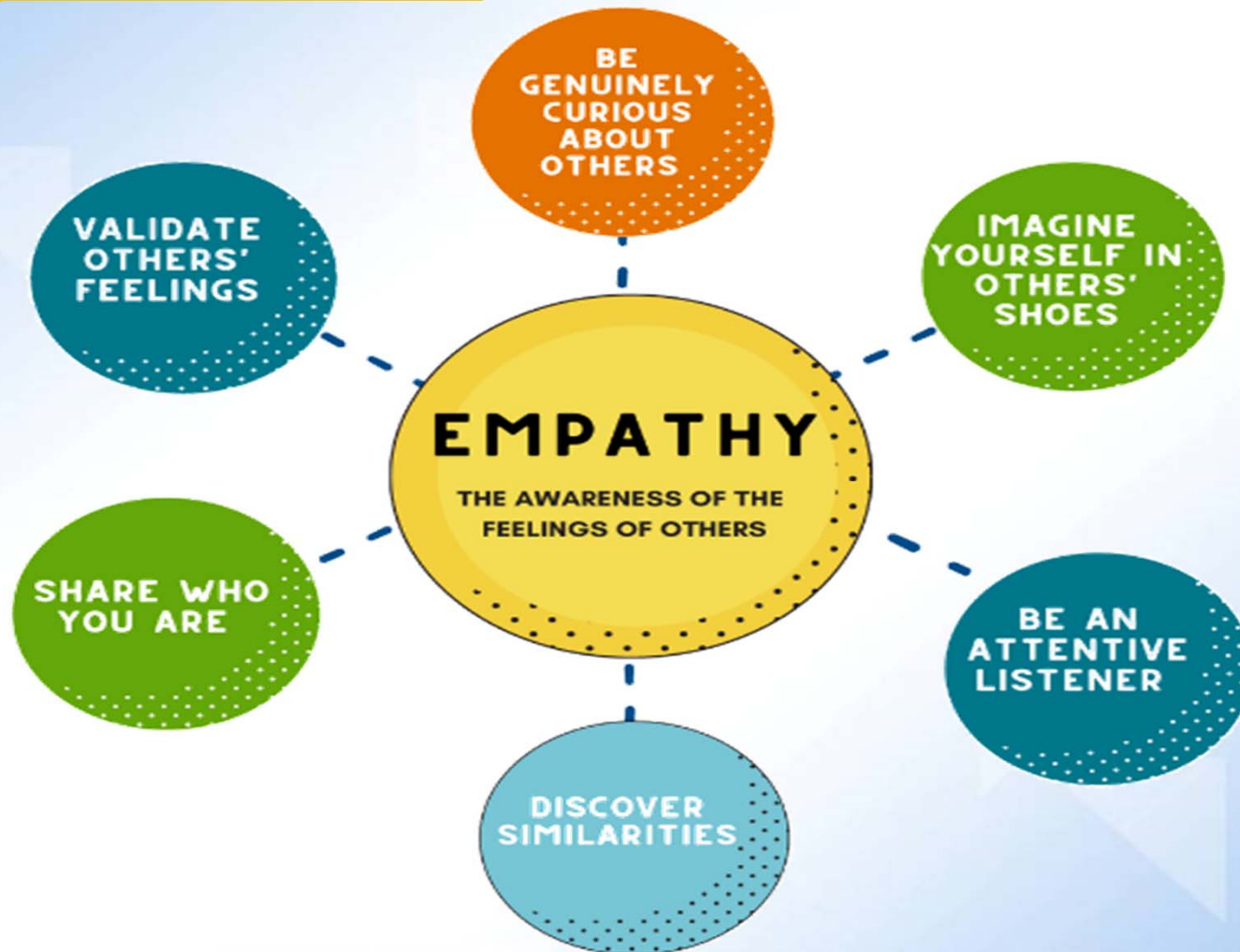
What is Empathy?

*The ability to feel, experience or understand what another person is feeling, experiencing or thinking in a situation by imagining yourself in the same situation (as that person is) 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! Do you think '**careful listening**' is one such habit?*



Empathy Is...



Video Watching Activity

Let us watch these two videos!

Video 1: [https:// www.youtube.com/watch?v=1E39jpNN9eQ](https://www.youtube.com/watch?v=1E39jpNN9eQ)



Video 2: <https://wonderhindi.com/%E0%A4%B8%E0%A4%B9%E0%A4%BE%E0%A4%A8%E0%A5%81%E0%A4%AD%E0%A5%82%E0%A4%A4%E0%A4%BF-%E0%A4%94%E0%A4%B0-%E0%A4%B8%E0%A4%AE%E0%A4%BE%E0%A4%A8%E0%A5%81%E0%A4%AD%E0%A5%82%E0%A4%A4%E0%A4%BF/>

Discussion on the Videos: Understanding Difference between Empathy and Sympathy

- 1. What did you see in Video 1?*
- 2. Could you tell why the man did not care while someone else was cleaning his shoes, but becomes caring when he did so himself? Was he empathetic to the other person?*
- 3. Can you tell the difference between empathy and sympathy? (Recall Video 2)*
- 4. How can you relate the feeling of empathy and sympathy to Video*

Difference between Empathy and Sympathy

SYMPATHY ≠ **EMPATHY**

Share a real life example distinguishing between empathy and sympathy.



What is the Need of Empathy?

*There is a great **need** of empathy. We all depend on each other not only for things but we expect emotional support also at times.*

- *Being empathetic makes us helpful for others.*
- *We can motivate others to help others.*
- *We can think for others also instead of being self-centered only.*
- *We can handle situations effectively.*



Tasksheet 1

Here are a few situations. Read each situation and write what empathy will you will so in these situations and why.

SITUATION

WHAT EMPATHY WILL YOU SHOW?

1. Suppose your friend's father is being transferred to a far away city. Your friend is not able to overcome this situation as she is very much attached to her father.





2. Your neighbour's pet dog has died few months back. However, the owner often cries as he is not able to forget his pet. He keeps remembering his things.



Tasksheet 2

Here are a few situations. Read each situation and write what empathy will you will so in these situations and why.

SITUATION	WHAT EMPATHY WILL YOU SHOW?
<p>1. You are playing football with your school friends in the school playground. A boy who is new in the school comes there and wants to play with you all. All of your friends BULLY him.</p> 	
<p>2. Your grandfather often feels a lot of pain in her knees. You know his treatment is going on but he still complains of pain, perhaps there is no one to talk to him about it.</p> 	

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

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

