



About Empathy - Level 2 Staff Activity Guide

What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find: a Student Video Viewing Guide, Student Activity Guide, and a Brain Quiz with an Answer Guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity.

Viewing the Video:

Without Student Video Viewing Guide - (8 minutes)

With Student Video Viewing Guide - (9-14 minutes)

Student Activities:

Activity #1 Group Activity - (15-20 minutes)

Activity #2 Independent Practice - (10 minutes)

Activity #3 Extended Learning - (1 hour 30 minutes)

Brain Quiz:

(5-10 minutes)

Student Video Viewing Guide Strategies:

Before the video (3-5 minutes)

- Have students "popcorn out" (share without raising hand) to get the wheels turning, What does the word empathy mean to you?
- Ask students to "pair and share" with a classmate what they think- How can having empathy lead to better relationships with others?

During the video (3-5 minutes)

- Pause the video at times for Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.



For more information and resources on this topic, please visit BrainAbouts.Org.

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Brain Quiz Answer Key: (5-10 minutes)

1. _____ involves feeling with someone. It is the ability to share in another person's experience. (Answer: b. empathy)
2. Which of the following is NOT an attribute of empathy? (Answer: c. feeling sorry for another person)
3. True or False: When people go through hard times connection is helpful. (Answer: True)
4. Empathy takes _____. In order to connect with others, we have to connect with something in ourselves that knows the feeling. (Answer: c. vulnerability)
5. Identify the most empathic response(s) below:
(Answer: a. I don't even know what to say)



Student Activity Options:

Activity #1 Write About It (10 minutes)

- a. Materials needed: paper, journal and writing utensil.
- b. Directions: have students write about a situation where they have not shown empathy to another person? What is that situation? What might that person be thinking or feeling? What might have motivated that person to behave in the way that they did?
- c. Criteria for success: students are able to identify potential thoughts and feelings of another person.

Activity #2 Group Lesson Activity (15-20 minutes)

- a. Materials needed: paper and writing utensil.
- b. Directions: divide the class into groups of 4-6 students. Have each group create a skit in which a new student attends a school, but wears different clothes than everyone else. Throughout the skit, have students narrate what each character may be feeling. a) the new student, b) a popular student, c) an unpopular student, d) the parent of the new student.
- c. Criteria for Success: each student will actively participate in the skit and demonstrate empathy in the script writing.

Activity #3 Extended Learning (1 hour 30 minutes)

- a. Materials needed: technology device, internet, and/ or access to interview groups within the community.
- b. Directions: have each student research the needs of various groups within the community then report back to the class what they have learned. (1. Elderly people 2. Families 3. Children 4. Parents 5. Single parents 6. People with disabilities 7. People who are ill 8. Minority groups 9. Immigrants 10. Homeless people 11. Women 12. Men)
- c. Criteria for success: student is able to report back basic information about their groups selected and demonstrate the ability to empathize with their selected group.