**UNIT: FRIENDSHIP/SOCIAL COMPETENCIES Grade Level 4**

**ACTIVITY: Empathy Game Lesson 4**

Personal/Social Standards:

 A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand

 and respect self and others.

Competencies:

 PS:A.1 Acquire self-knowledge

 PS:A2 Acquire interpersonal skills

Indicators:

 PS.A1.5 Identify and express feelings

 PS:A2.8 Learn how to make and keep friends

Materials:

* Multiple sets of Situation Cards (one full set for each pair of students)
* See NOTES

Vocabulary:

* empathy – showing an understanding of how someone else is feeling

Gathering:

“Have you ever heard someone say ‘walk a mile in someone else’s shoes?’ What do you think that means? Do you really need to borrow someone else’s shoes and go for a walk?

Review Agenda/Before the Lesson:

“Today we are going to learn about the importance of empathy in a relationship.”

Introduce vocabulary word.

During the Lesson:

Read the directions (below) before assigning pairs of students and distributing the sets of cards.

Model the process with a student volunteer using one of the scenarios as a whole class example. Coach the students to use the following response: *“In this situation, I would feel \_\_\_\_\_\_\_\_\_. I think you feel \_\_\_\_\_\_\_\_\_ because \_\_\_\_\_\_\_\_\_.”*

Directions for Empathy Game:

* Student #1 draws a card, reads the card to himself, and then decides how he would answer.
* Student #1 then reads the situation (only) aloud to their partner, Student #2, without revealing his choice of feeling.
* Student #2 thinks about the situation, how he/she might feel in the same situation, and then guesses aloud how their partner would feel and why.
* Partners alternate turn.

After the Lesson:

* Was this game hard or easy for you?
* How did you decide how your partner might feel in each situation?
* Were your guesses always right? Why or why not?
* Besides using your own experience to make a guess about someone else’s feelings, what other clues could you use?
* Why is being able to guess someone’s feelings important in a good relationship?

Checking Out What You Learned/Assessment:

Ask students to respond chorally to the following (answers might vary):

* You are being teased, but don’t think it was funny. You wish your friend knew that you felt \_\_\_\_\_\_\_.
* You are being challenged to do something you think is dangerous. You wish your friend knew that you felt \_\_\_\_\_.
* Your pet ran away last night and you want to go look for him, but everyone else wants to go swimming. You wish your friend knew you felt \_\_\_\_\_\_.

Closing:

“Today we talked about empathy, which is understanding how another person is feeling. This week, let’s work on our empathy skills with our friends and family. Think about how you might feel in the same situation and remember to ‘walk a mile in someone else’s shoes’.”

Notes:

For added engagement or variety in this lesson, counselor can copy and utilize related video clips by going to Heartland AEA website / LEARN360 / “Empathy Can Help a Friendship” (3:13) – a clip from “Put Yourself in Someone Else’s Shoes”

Situations:

1. My parents are divorced and on Saturday my dad was supposed to come and pick me up for our time together. I waited and waited and he never came to get me. I felt:

 a. frustrated

 b. sad

 c. angry

 d. disappointed

2. My friend and I were going to play together at recess. When I got outside, she was already playing a game with someone else and they wouldn’t let me join in. I felt:

 a. angry

 b. sad

 c. disappointed

 d. happy

3. My brother and I got into a really bad fight. He called me “stupid” and pushed me down. I felt.

 a. sad

 b. angry

 c. hurt

 d. no big deal

4. I am having a hard time in math. I want to do a good job, but it is just so hard. I got my test back today and I got a really bad score. I felt:

 a. angry

 b. frustrated

 c. sad

 d. discouraged

5. I have been invited to my friend’s birthday party on Saturday. We are going to have pizza, cake and ice cream. My mom said that I could go. I felt:

 a. happy

 b. excited

 c. bored

 d. no big deal

6. My friend and I got into a fight. We both said some pretty mean things to each other. She told me that she was going to tell everyone all of my secrets and I called her names. I felt:

 a. hurt

 b. angry

 c. sad

 d. disappointed

7. My family is moving. We will be living in a new house in a new neighborhood and I will be going to a new school. I feel:

 a. nervous

 b. sad

 c. excited

 d. angry