

# Empathy Video - Reflection

<b>Time Needed:</b>	10 Minutes
<b>Group Size:</b>	Any
<b>Objectives:</b>	To understand the meaning of empathy, and to explore feelings related to receiving empathy from others.
<b>Materials:</b>	Computer, Projector, Speakers to view video
<b>Links/Resources</b>	Brene Brown on Empathy <a href="https://www.youtube.com/watch?v=1Evwgu369Jw&amp;t=52s">https://www.youtube.com/watch?v=1Evwgu369Jw&amp;t=52s</a>
<b>Recommended Grade:</b>	6-9

## Activity/Assignment Description

*On Google Classroom (or however you are giving assignments) introduce to them that the topic of their assignment today is Empathy. Instruct students to watch the above video (2:53) that explains what empathy means. Explain that we're going to talk about what it means to show empathy and how we can do this for our friends and the people we care most about.*



*After students have all watched the video, invite them to a video call for a discussion. Ask them what their thoughts were on the video.*

*Explain that empathy is not a skill we are born with. We have learned it from people showing us what it looks like and feels like. When people show us empathy, we feel accepted, and understood. When our feelings are validated, we feel safe to express our thoughts and emotions. Especially during this unusual time, it is important that you are able to tell others how you are feeling and to show the people around you empathy as well.*

*The below reflection questions can either be asked on the video call or you can have student submit them individually.*

<b>Questions for Reflection</b>	In your words, what is the difference between sympathy and empathy? Can you think of a time someone showed empathy to you? How does it feel to give/receive empathy? Sympathy?
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	<p>What would our school be like if students and staff were empathetic to each other on stressful days/bad days?</p>
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	<p>How can you show someone empathy today?</p>
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