



## DIFFERENT PERSPECTIVES

### 3. SHOWING EMPATHY

Empathy is the ability to understand how others feel because you can imagine what it is like to be in his / her situation. You can also learn how to respond with empathy when facing different situations by trying to understand the experiences of others. This activity will help you learn how to respond empathetically when you find yourself in an unfamiliar situation. Empathy can also help you respond in an appropriate way as you try to understand what another person is feeling and take suitable action.

Materials  
• Printed handout  
• Pen or pencil

#### STEP BY STEP

- A** If possible, print the handout or copy it in your notebook so you can work on it.
- B** Read the situations on the handout on the next page, and match them to the feelings and the responses that you consider appropriate.
- C** In groups, share your answers. Then brainstorm different ways you could respond to the situations you read about.
- D** As a class, give examples of other problems you have had with friends and discuss how you felt about those problems and how you have responded to them.
- E** Discuss in groups.

1 Do you always know how to respond when you are with your friends?

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2 What can you do to respond with more empathy?

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3 What steps can you follow to respond with empathy to your friends?

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#### IT

If you want to learn more about how to respond with empathy, you can go to: <http://www.edutics.mx/ius>



**DIFFERENT PERSPECTIVES**

**3. SHOWING EMPATHY**

Situation	Feeling	Response
(1) Your friend lost his / her cellphone.		
(2) One of your friends tripped and fell in front of the whole class and broke his / her glasses.		
(3) Your best friend studied really hard for the English exam, but he / she failed it.		
(4) You discover your friend's cat died yesterday.		
(5) One friend of yours got a test back and received a great grade.		
(6) Your friend plays soccer and his / her team wins the championship.		



**FEELINGS**

- 1 Sad
- 2 Mad
- 3 Frustrated
- 4 Embarrassed
- 5 Proud
- 6 Happy
- 7 Worried
- 8 Excited

**RESPONSES**

- a Tell him / her you are proud of him / her. Invite your friend for dinner to celebrate.
- b Tell him / her you are sorry. Try to remember the best moments he / she had with his / her cat.
- c Ask him / her if he / she is okay. Don't make fun of your friend, because you know he / she might already feel embarrassed. You pick his / her glasses up.
- d You say not to worry and offer help in preparing for the next exam.
- e You are happy for him / her and ask him / her if you can study together next time.
- f You try to talk to him / her to make him / her feel comfortable and let him / her borrow an old cellphone you don't use anymore.



## DIFFERENT PERSPECTIVES

### 4. TOLERANCE

Tolerance is the ability to respect ideas, opinions, or behaviors that one doesn't necessarily share or agree with. A great way to learn tolerance towards others is through reading stories. When you meet a character in a story, you start an inner process that allows you to relate to the character's life experiences, even if they are different from your own.


#### Materials

- Pen or pencil
- Paper

### STEP BY STEP

**A** Work in groups. Make a list of 10 books you have read.

1	_____	6	_____
2	_____	7	_____
3	_____	8	_____
4	_____	9	_____
5	_____	10	_____



**B** Share your list with your classmates.

**C** Select one book from the list and choose your favorite character.

**D** Write notes about the character you chose. Be sure to include your character's description, what your character does in the story, how you identify with him / her / it, how you would act if you were the character, and why you like him / her / it. Then complete the organizer on the next page.

#### IT

If you want to learn more about developing empathy, you can go to: <http://www.edutics.mx/iue>. Choose the most important information and share it with your friends and family.



**DIFFERENT PERSPECTIVES**

**4. TOLERANCE**

**Me**

Empty rounded rectangular box for notes under 'Me'.

**My favorite character**

Empty rounded rectangular box for notes under 'My favorite character'.

**Similarities**

Empty rounded rectangular box for notes under 'Similarities'.

**E** Use your notes and, in pairs, take turns to talk about your chosen character.

**F** Listen attentively to your classmate and take turns telling him / her your opinion about his / her favorite character.

**G** Discuss in pairs.

1 Was it easy to identify with a character? Why?

Two horizontal lines for writing the answer to question 1.

2 Do you think that understanding the character helps you feel empathy towards the people around you? Why?

Two horizontal lines for writing the answer to question 2.

3 Do you think the strategy of walking in someone else's shoes helps you be more empathetic and tolerant? Why?

Two horizontal lines for writing the answer to question 3.