

Enhancing empathy

Ages 8–11



THE CYBERSMILE FOUNDATION

Enhancing empathy

OBJECTIVE

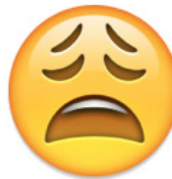
To learn how to respect another person's feelings.

OUTCOME

To be able to feel what another person is feeling by putting yourself in their place.

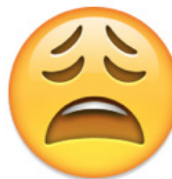
ONE

Saima just received a puppy for her birthday which she always wanted.



TWO

Jamal fell down
and his leg started
bleeding.



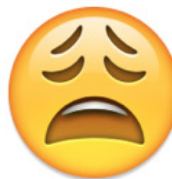
THREE

Peter finally found
the perfect present
for his mom for
Mother's Day.



FOUR

Seema just read her first Twitter comment from a stranger saying she looks fat.



FIVE

John found out that
his grandmother died
this morning.



How upset would you be?

Not upset at all

A bit upset

Quite upset

Very upset

10 MINS

8–11 YRS

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MATERIALS

Paper, pens.

1. Introduce the exercise to the children, and present the objectives and outcomes.

ACTIVITY 1

2. Give a piece of plain paper to the children. Tell them to scrunch it up as much as they can, step on it, but not tear it up. Encourage them to really get into this activity.
3. Then ask them to open out the paper and say "sorry" to it.
4. Ask the children if the paper has changed back to how it was when they got it.
5. As the answer to the above would be "no," explain to the children that this is what cyberbullying is like; the cyber victim (paper) gets hurt and even if the cyberbully says "sorry" the cyberbullying would still have an effect on them. Encourage the children to realize that one bad action can have an effect on someone for the rest of their life.

ACTIVITY 2

6. Read out the following scenarios one-by-one and ask the children to match how the character in the scenario is feeling using the emoticons on the accompanying slides (they can match more than one emoticon).
 - Saima just received a puppy for her birthday which she always wanted.
 - Jamal fell down and his leg started bleeding.
 - Peter finally found the perfect present for his mom for Mother's Day.
 - Seema just read her first mean Twitter comment from a stranger saying she looks fat.
 - John found out that his grandmother died this morning.
7. End the exercise by explaining to the children that it is important to be aware of how their comments make other people feel.

EVALUATION

- Ask the children to use the scale from the accompanying slides to rate how upset they would be if they experienced the scenarios.
- Ask the children to come up with their own scenarios that match some of the emoticons from the accompanying slides.

NOTES

- Do not worry if you do not have time to complete both activities. You can choose the one you feel will be most beneficial.