

# Episode 5

## Developing and Strengthening Empathy



# Episode 5 Overview



## Materials Needed

- Paper
- Pencil/Pen

1. Think about a time when you felt sad just because someone close to you was sad or when you were excited for someone else's excitement.

That is empathy! **Empathy** is being able to understand and share how someone else is feeling, even when you aren't in the same situation. *For example, feeling excited for someone when something good happens to them or feeling sad when they fall down and get hurt.*

Every person has a story and we often do not know what they are going through until we listen to them and empathise with them.

Try interviewing your friend about an important memory or day in their lives. Here are some examples of questions you can ask:

What happened during that time?

What was your impression of the people you were with?

How did you feel during that time?

Who did you interact with?

How did you feel after doing this exercise?

# Recognizing Emotions

Put yourself in other people's shoes and see how they feel.



Hank tells a joke and everyone ignores him.  
**How is Hank feeling? Why?**  
**How would it make you feel?**

The class is selecting members for a group project. Nobody picks David.  
**How is David feeling? Why?**  
**What would you do?**



Your teacher is explaining a math lesson. Ramona is not able to answer any questions and others laugh.  
**How would Ramona feel? Why?**  
**Would you feel the same way?**

Maria is telling Jena about her pet dog. Jena interrupts and tells her about a movie she saw.  
**How would this make Maria feel?**  
**Why do you think so?**



Emotions can be overwhelming, and it is important to learn to manage them.

One way to manage emotions such as anger, is through breathing exercises.

## Practice the 5 following steps:

Stand nice and tall with your feet slightly apart. Close your eyes.



## Practice the following five steps:

1. Take a deep breath through your nose
2. As you inhale, push out your abdominal muscles
3. Hold your breath, and count to five
4. Exhale from your mouth slowly, relaxing your shoulders, torso, and abdomen
5. Repeat at least three times

How do you feel after doing this activity?

happy

bored

\_\_\_\_\_

*(Something else)*

sad

angry

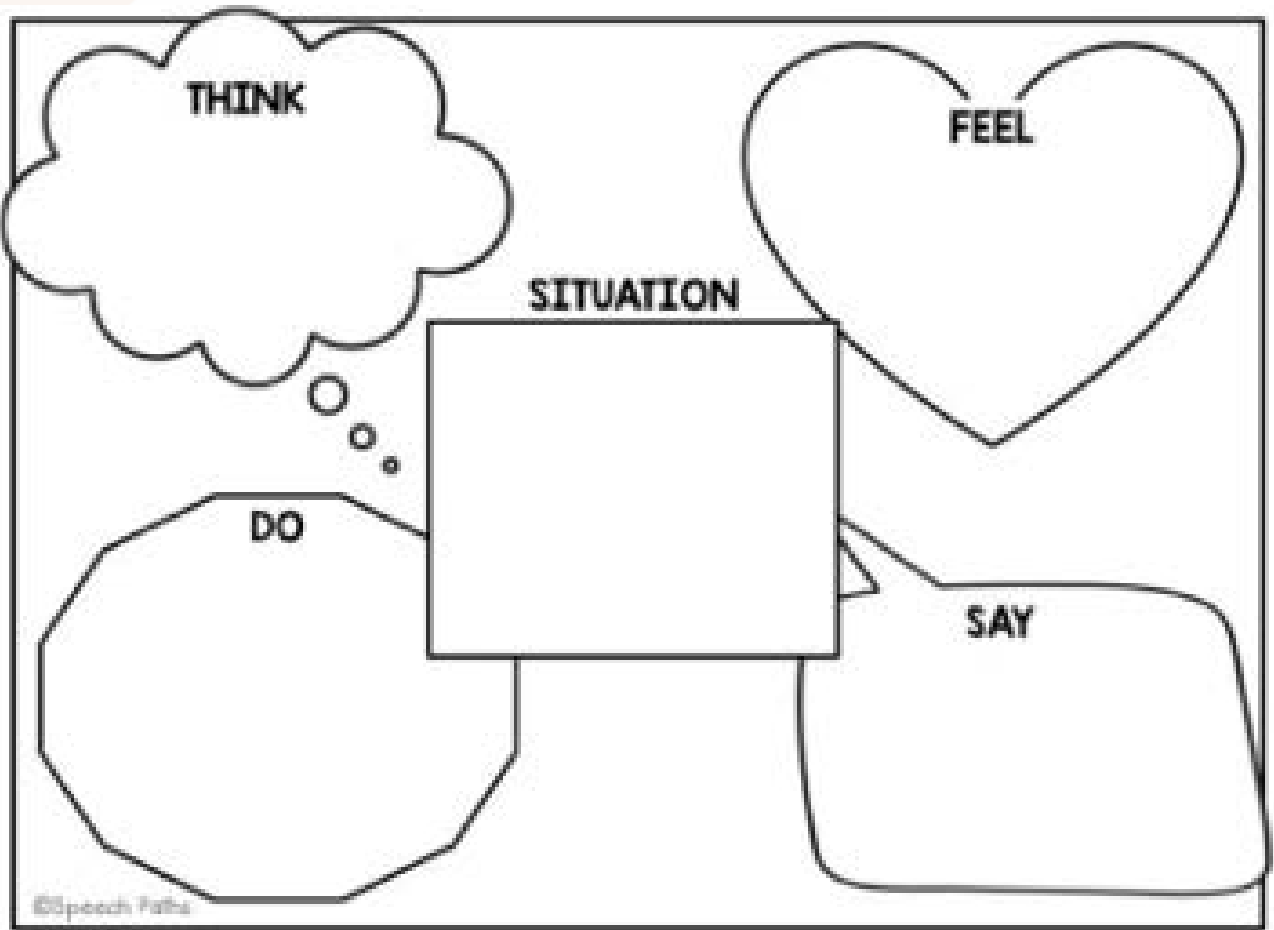
I don't know!

fresh

peaceful

calm

Think of any situation where you faced a conflict with someone. Fill in the empathy map twice. Once from your perspective and once from the other person's perspective.



The diagram is an Empathy Map template enclosed in a rectangular border. In the center is a square labeled "SITUATION". To the top-left is a cloud shape labeled "THINK". To the top-right is a heart shape labeled "FEEL". To the bottom-left is an octagon labeled "DO". To the bottom-right is a speech bubble labeled "SAY". Small circles connect the "THINK" cloud to the "SITUATION" square, and a line connects the "DO" octagon to the "SITUATION" square. A small copyright notice "© Speech Paths" is visible in the bottom-left corner of the diagram.

Now that you see the disagreement more deeply and from both perspectives: what are your thoughts?

# Dealing with Conflict

Tick the boxes to share your response on how you would typically handle conflict with friends and family.

**My Response**

**Usually**

**Sometimes**

**Never**

Raise my voice or yell			
Blame the other person			
Ignore or walk away			
Apologize			
Suggest solutions			
Complain to someone			
Forgive			
Threaten			
Look for a win-win solution			
Call others names			
Get upset or cry			
Ask an adult to help			
Use humor			
Let others have their way			

While facing a conflict, we must learn to deal with the problem, not attack the person. There were also some examples of behaviours in the survey that can actually help to resolve the conflict. Can you name them?

While facing a conflict, we must learn to deal with the problem, not attack the person. When dealing with a conflict, do not think about it as **'you' versus 'me'**, but **'us' versus the problem**. How we communicate this has a huge role to play in resolving the conflict.

## Example:

"You are late again, you're too lazy to get up earlier and be on time!"



"I feel disrespected when you are late to our appointment."

## 'I' Statements



To communicate effectively and respectfully, we can use I-statements, which focus **on your own** feelings and experiences. It does not focus on what you think the other person has done. Here is a pattern you can use:

How you feel	<b>I feel</b> angry...
What you have that feeling about	<b>About</b> the way you speak to me
Why you feel this way	<b>Because it makes me feel like</b> you do not respect me.
What you would like to see instead	<b>I would prefer</b> that you calm yourself down before saying anything to me in a fight.

Think about your own conflict. Write at least 2 'I' statements you can use to share how you feel, respectfully.

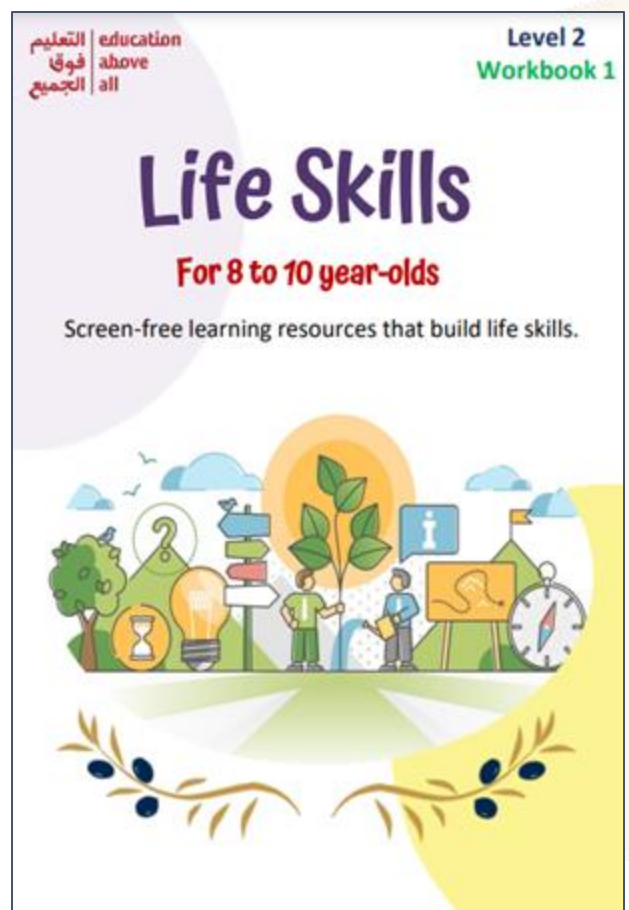
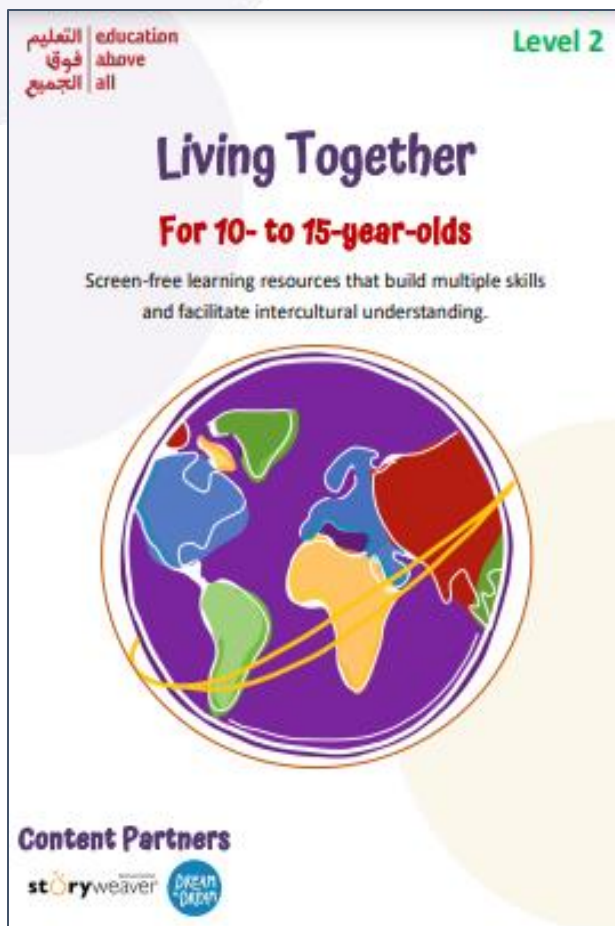


# To Learn More

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<https://resources.educationaboveall.org/>

This episode was inspired by the Living Together Package and the Life Skills Package from Education Above All's Emergency Education Response.



The Ukrainian Emergency Education Response is available in English, Ukrainian and Polish.