

FEELINGS INSPECTORS RESOURCE  
Empathy

# Getting Started with Empathy

## About this activity

This is an introduction to the theme. This is best done with children sitting together, in a circle where everyone can be seen and heard.

## What do we need?

Slides/film clip provided.

## Instructions

Explain to the children that as part of their Feelings Inspectors programme of work today they will begin an exploration of something really important to our relationships with others. It is called empathy. Use the definition/slide provided and read together:

Empathy means when you really try to understand what is happening to another person and how they feel. You might imagine what it is like to be in their situation. There is an expression that helps us understand what we mean by empathy: empathy is 'to put yourself in someone else's shoes'.

“

It makes you  
understand what  
other people went  
through.

”

## Getting Started

You can explore the metaphor of being in someone's shoes... which is quite amusing. (Note: Some children will know the word sympathy. If there is a need to explain you might say that sympathy means when you feel sorry for someone. But empathy is when... (use the definition again and chat if you need to in order to clarify).

To explore further and check understanding a series of slides/simple scenarios is provided for group/class discussion, see the slides provided for this section. If a larger group perhaps sitting in a circle then shoulder partners could discuss and feed into a discussion.

End the introductory session about empathy with the film clip from Children's Parliament, with the simple introduction that the children are talking about what empathy means to them. Watch by clicking the button below or using the film on the slides and chat afterwards.



<https://youtu.be/GOOjjvFcaJk>

“

**Empathy is really all about just being kind. Everything is about being kind.**

”

In their groups or whole class some children might want to share examples of their own of empathy. “Oh, that was like when...” Across the week, as adult/teacher you can watch out for examples of the day-to-day empathy some children will show, and acknowledge it as such explicitly when appropriate.

**Top tip**