

FEELINGS INSPECTORS RESOURCE

Empathy

Empathy Glove Puppets

About this activity

This activity involves the children in puppet making. During the process, we explore the meaning and experience of empathy with the children. Once children have had some opportunity to reflect on the meaning of empathy, this activity allows them to develop their understanding of other people's points of view through acting out scenarios in the third person.

What do we need?

- Bought fabric puppet shapes (available very cheaply online), or cut out basic outlines in fabric
- glue
- pens
- scissors
- selection of recycled fabric, old buttons, wool and natural materials
- old newspapers to cover the work area.

Check-in

At Children's Parliament, we start every session with a check-in. Children love these short activities, and they are a vital piece of our rights-based practice. Choose a check-in using our [Feelings Inspectors Check-in Kit](#).



Empathy Glove Puppets

Instructions

Explain that the children will be making puppets today and then acting out scenarios to try to see things from another person's point of view.

Cut people shapes from the material and glue together, or use pre-bought felt puppet shapes.

Give the children a choice of materials to create a unique puppet. As the puppets are being made, encourage some conversation about what the children have learned and said about empathy already.

When the puppets are complete ask the children to introduce them to each other and then, in pairs, to make up and act out scenarios with their puppets. Ask the children to act out an experience that made them feel happy/sad. How many others in the group would have felt the same? How might others have felt?



Paint your partner's feelings

Some children might prefer being given a scenario to get them going before writing their own scripts.

- At Lewis's birthday party, Jasmine blew out the candles on Lewis' cake before he did. How do you think that made Lewis feel?
- Robbie was so excited when he found his Christmas present under the tree that he opened his special present from mum on Christmas Eve. How do you think his mum felt?
- Jax shared his tablet with Theo because Theo didn't have one. How would that make Theo feel?

Top tip

The Feelings Inspectors in East Lothian said...

“

Sometimes it's hard to understand why someone is upset but you can always be kind anyway. It doesn't cost anything to be kind.

”

“

Imagine if someone really blew out your candles on your birthday cake.

I might not feel very kind or understanding towards them, but you could try to understand why they did it. Maybe they never had a birthday cake or candles of their own.

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A mindful moment

At Children's Parliament, we end every session with a mindful moment to reflect on the session and wind-down. Choose a mindful moment using our [Feelings Inspectors Mindful Moment Kit](#).