



# EMPATHY ACTIVITY

When family members show kindness to each other, families work together better. One thing that can help is being able to understand how others feel. Understanding how others feel is called empathy. The purpose of this activity is to help family members develop the ability to empathize and understand others' feelings.

**Time Needed:** 30-40 minutes

## **Activity Instructions:**

Select a scenario listed below. Then talk within your family about how each member would feel if that happened to them. Listen to what each member says without criticizing the person. Emphasize that the family is trying to learn to think about how others feel in relation to their actions.

How do you think the other person felt?

1. You promised to help your brother/sister with a project. Now you say you cannot help.
2. You promised to take your children somewhere, but cannot.
3. You said you would go to your friend's house after school, but now you are not going.
4. Your brother/sister were looking for their clothes and found them in your drawer with a stain on them.
5. Your parent fixed a nice dinner, but no one was home to eat it and it got ruined.
6. Your brother/sister tried out for a team (like cheerleading or football), but did not make it.
7. Your sister/brother lost a soccer game.
8. Your mom/dad was in line for a promotion at work, but did not get it.
9. You got good grades on your report card, but your sister/brother did not.
10. Your parents asked you to help clean the house, you did not, and someone important came by to visit.

## **Discussion Questions:**

- Was it hard thinking about other's feelings with each scenario rather than your own?
- Did you think about how you would feel if that had happened to you?
- What is the best way to learn how to think more about others' feelings?