

Empathy Lenses



Concept
Social Skills



Length
20-25 Minutes

Inquiry Prompts

- How does empathy help you build stronger friendships in class?
- What kind of responses show that you have empathy for someone?

Instructions

In this activity, students create empathy glasses that their classmates can wear to better understand their point of view.

- 1 Hand out the [lens templates](#) and ask students to take turns cutting out a pair for themselves. Be sure to cut out the lenses so they can see!
- 2 Ask students to think of a time they were really happy, angry, excited, or any other strong emotion they want to explore. Have them write what happened on one side (the inside) of the lens frames.
- 3 On the outside of the lenses, ask students to write or draw what they were thinking, feeling, saying, or doing at the time. This is the part that they want other students to better understand.
- 4 Ask students to exchange lenses and read about each other's experience.
- 5 Have students put on their partner's glasses and come up with some empathic responses. These are questions or statements that show they understand how their classmate felt (for example, You must have been very scared when your dog ran away).
- 6 Gather some responses on a whiteboard or chalkboard, and go over what makes a response empathic.

Message for students: Wearing another student's lenses can help you understand how and why they might react to something a certain way. Just as wearing your lenses can help another student understand your point of view. What else can we do to understand someone else's point of view?

Materials Required

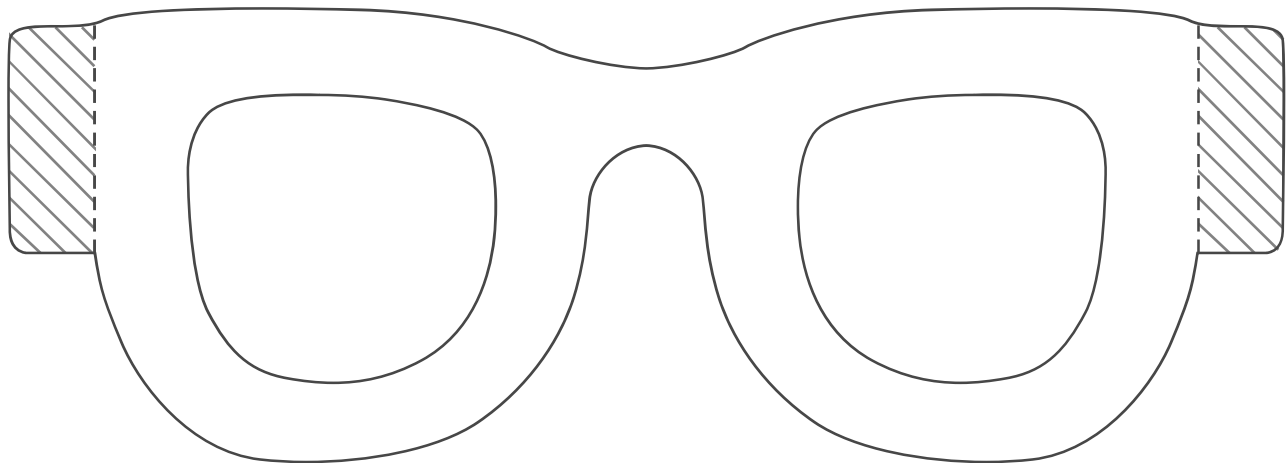
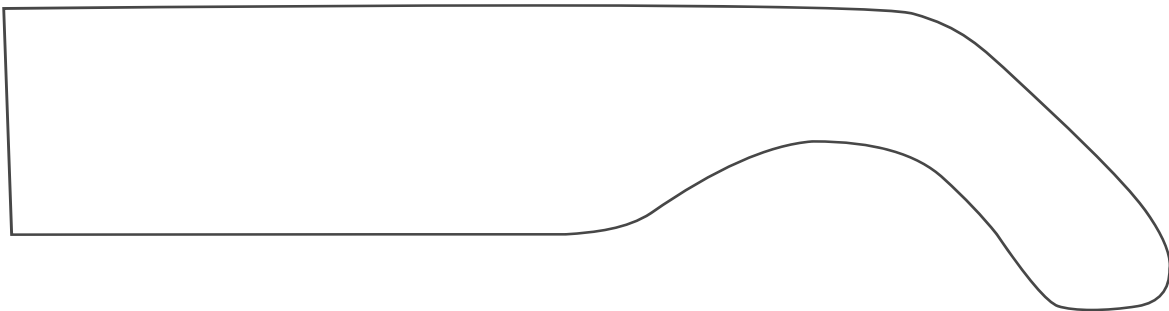
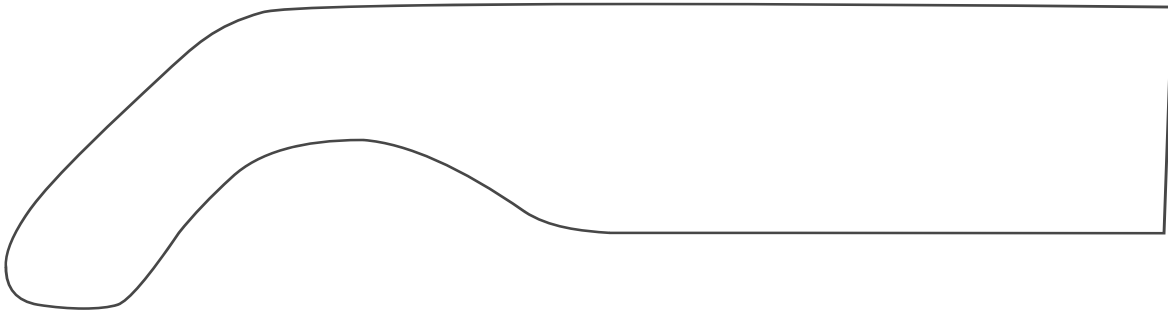
- Empathy Lenses Template
- Computers (tablets, phones) with Internet access (if you want to upload student artifacts)

Artifacts

Upload photos of students wearing their empathy lenses to **Storyboard**, where they can reflect on what they've learned about seeing things through someone else's point of view.

Empathy Glasses

— Cut --- Fold // // // Glue



Name: _____