

# Year 3 PSHE Summer 2

## Lesson 2

Empathy Day (Tuesday 9<sup>th</sup>  
June 2020)



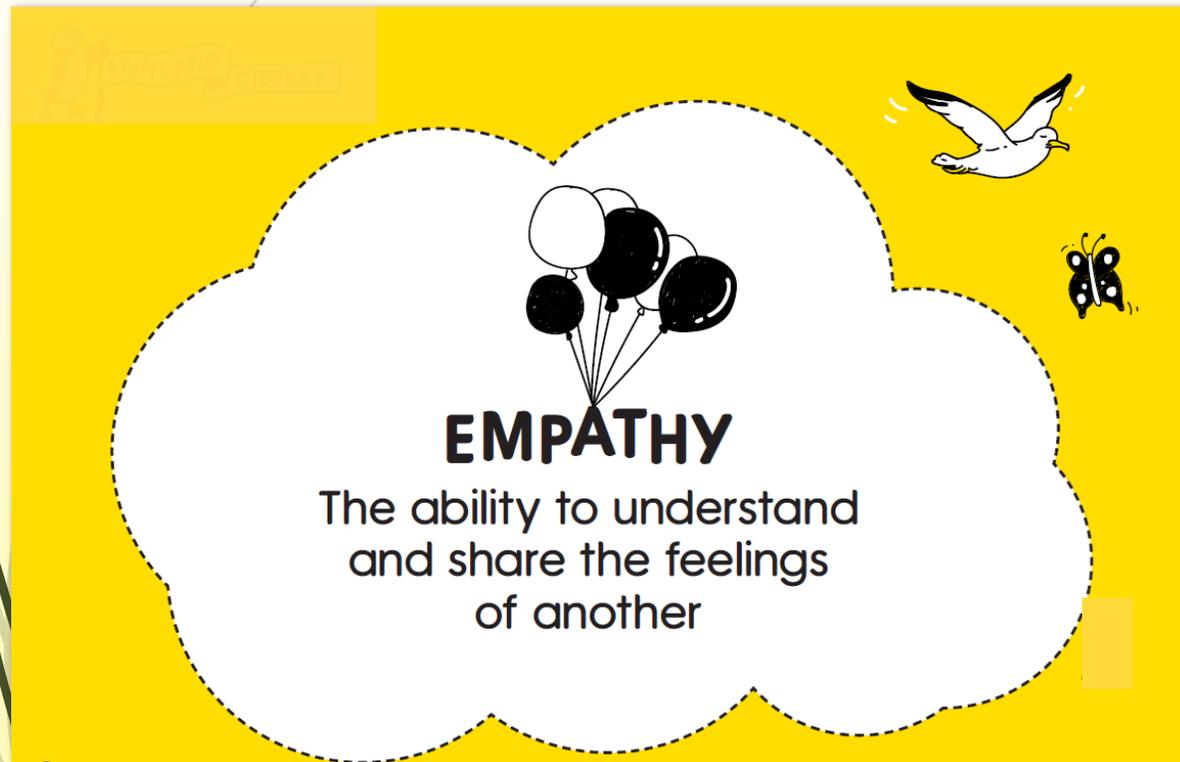
L.O. To understand what empathy is and to explore this through stories.

# What is empathy?



Watch this video to find out more:

[https://www.youtube.com/watch?v=9\\_1Rt1R4xbM](https://www.youtube.com/watch?v=9_1Rt1R4xbM)



## How does empathy work?



First we will think about empathy.  
Click on the link below to listen along  
to the story

[The Rabbit Listened by Cori Doerrfeld](#)

**Now imagine you are Taylor.**

**How did you feel when you finished your special building?  
How did you feel when it was knocked down?**

**What were the different feelings that the animals showed?**

THE RABBIT  
LISTENED



CORI DOERRFELD

Next think about the part of the story when the rabbit crept closer and closer to Taylor...



In the quiet, Taylor didn't even notice the rabbit.



But it moved closer, and closer.

Until Taylor could feel its warm body.



What does the rabbit do that makes Taylor feel better?

How does Taylor feel to be listened to?

# Now you are going to do the empathy switch activity to understand others feelings

- ? You need to do this activity with a parent, sibling or another family member.
- ? You should both think of something that happened to you recently that made you feel something. It could be bad or good  
*e.g. I fell off my bike OR I saw a flower had grown in my garden.*
- ? Take it in turns to tell each other your story. You must listen carefully to each other.
- ? This is the important part.....when you have finished, you must say....."**so you felt....because...**"
- ? This is showing **EMPATHY!**

How did it make you feel to be listened to very carefully?

Did you partner understand your feelings? How do you know?

How often do you listen to people with your empathy switch? Might you use it more? What problems could be solved if people used their empathy switches more?

**Your task:** when we feel empathy, we sometimes say we ‘put ourselves in their shoes’

Your task is to design a pair of shoes for someone.

Think about who they would be for.

Where have they been?

Where are they going?

What might their life be like



You can use this shoe template to design  
'someone else's' shoes if you want to or draw your  
own.

My shoe is for \_\_\_\_\_

They are \_\_\_ years old.

They have been to \_\_\_\_\_

They are going to \_\_\_\_\_

They are feeling \_\_\_\_\_

