

Activity Sheet 3

Workshop 3 Empathy and Relationships

Activity 3.1

Below are some phrases that describe people who express empathy and people who do not express empathy. Try to categorise each sentence.

- 1. "If I were you, I would ..."
- 2. "I understand how you feel."
- 3. "I felt the same way when ... You are not alone."
- 4. "Get over it, there's no reason to think about it."
- 5. "Oh, that's a shame!"
- 6. "You can always talk to me."
- 7. "I will solve the problem".
- 8. "Do you want to tell me what happened?"
- 9. "I am here if you need me."
- 10. "It's ok to feel that way".

Express empathy	Do not express empathy

Activity 3.2

Imagine you are Shane, Laura, the kids who bully Shane/Laura or the kids who see what's happening. Try to list how you would feel based on the following questions.

- » How might you feel if you were Shane/Laura?
- » How might you feel if you were one of the kids who bullied Shane/Laura?
- » How might you feel being there while Shane/Laura were being bullied?



Shane/Laura



Kids who Bully



Kids who see what's happening

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Positive School Environment

Activity 3.3

Discuss your answers with the class.

- » Devise five ways school staff can make you feel more supported.
- » Devise five ways you can promote positive relationships with other pupils.
- » Devise five questions other students can use to get to know each other better.

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