**Secondary Guidance Lesson**

*What is Empathy?*

**Objective: By understanding and practicing empathy we are creating a more courageous and connected environment.**

**Video:** <https://youtu.be/wRGjzN3PtG0>

**Activity:**

* **Show Video**
* **Group Discussion**
	+ What does empathy mean to you? Give examples.
	+ What would you define as the opposite of empathy?
	+ What does it mean to “place yourself in someone else’s shoes?
	+ Discuss a time when you have experienced empathy or witnessed empathy. How did it make you feel?
	+ How does a family, a classroom, and a society benefit from empathy?
* **Individual Activity**
	+ From the four steps which step do you need to work on?
	+ Think of the last time you spoke to someone who shared a struggle with you, how did you react? Do you remember?
	+ When was the last time you showed kindness to a friend? To a family member? To yourself?

**Follow-Up/Closing**

* **This week we will practice recognizing and expressing Empathy.**
	+ This week allow yourself to actively listen to your friends at school and at home. Show kindness, and be empathetic.
	+ In our everyday activities, such as watching TV and movies, playing a video game, reading a book, or interacting with social media, where do you see the most empathy and the least amount of empathy?

