


Subject- Year 9/10 Health

Term 2 Week 1

Lesson

Content- Recognising others' emotional states, needs and perspectives

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- Learning intentions
- Students identify empathy as characteristic that contributes to a respectful relationship
 - Students recognize actions that do not depict empathy
 - Students practice showing empathy
- An 'idiom' is a phrase or combination of words which have a different meaning than the literal meanings of each word. Examples include 'blow out of proportion', 'seal of approval', 'bite the dust' or 'all thumbs'.
- Task 1- Write down your understanding of the idiom 'walk a mile in my shoes' or 'put yourself in my shoes', what does this mean to you.**
- Task 2- Read and answer the statements on the worksheet Walk in Someone Else's Shoes. Then write about a time when someone showed empathy to you. Explain what they did and how this made you feel.**
- If you answered mostly 'yes' to the statements, then they are probably doing a good job of showing empathy towards other people. The statements to which they answered 'no' are behaviours they could practise to become more empathetic.
- Task 3- Brainstorm your thoughts about this statement 'Empathy is the same as sympathy'.**
- Both words have similar usage but they differ in their emotional meaning. Empathy is being able to imagine what it feels like to be in another's situation. Sympathy essentially implies a recognition, understanding and compassion for another's feelings.
- Task 4- Read the scenarios on the worksheet Walk in Someone Else's Shoes and decide what feelings the character is experiencing, and how empathy could be shown.**
- Task 5- Answering the following questions**
1. Was it easy to guess the feelings the person in the scenario was experiencing? Why?
 2. Which feelings were the easiest to identify? Why?
 3. Which emotions might make the person think and act in a negative way? (eg anger, frustration, helplessness)
 4. What positive self-talk might challenge the person's negative thoughts?

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| | <ol style="list-style-type: none">5. Would it be harder to work out how a person is feeling if you couldn't actually see their face, such as through a text message or phone call?6. Discuss the impact of only using text messages and emails to share how you are feeling about situations. |
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