

Situational

06



Empathy

30 mins

Teamwork

Friendships

Community

Ever wondered what the difference between sympathy and empathy is? Well, this session looks at just that. At the most basic level, **sympathy** is feeling sorry for someone, while **empathy** is understanding their pain.

Sympathy involves feelings of compassion, sorrow, sadness, or pity for another person. It is an emotion experienced in reaction to something that happens to other people. When you feel sorry for someone, you have sympathy for that person.

Empathy is stronger than sympathy. It goes beyond feeling compassion for their loss. It is the ability to put yourself in the place of another and understand someone else's feelings by identifying with them.

Situational empathy

Situational empathy is all about acknowledging how someone is feeling in a certain situation. It involves **recognising** someone's emotions and, without judgement, communicating an **understanding** of those emotions.

For example, "*I'm sorry to hear about your pet. I know you're upset and I'm here for you.*"

The next challenge is to rank how comfortable you think you are from 1 to 5 (1 being the most comfortable) in the following situations.

Being able to read a situation and respond effectively

Being able to understand different people's feelings

Being able to settle quickly to new surroundings

Being able to put yourself into the shoes of somebody else

Being able to show emotion and mean it

Where do you think you sit on the situational empathy scale?



Think

What would you think in these situations?

- What do you think a teacher is thinking when he or she is delivering a lesson?

React

How would you react in these situations?

- The class ends and nobody has been listening to the teacher.
- A new pupil sits alone at lunch on their first day.
- What do you think a fellow student is thinking when they get dropped off at school for the first time?
- You find them frustrated in the changing room after the match.
- What do you think a person feels like in football when they don't get passed the ball?
- Another student brags about their top marks in front of everyone.

Discussion points

Targets

Next time

Supports learners working and socialising with other pupils, including those from different religious, ethnic and socio-economic backgrounds (SMSC handbook)

