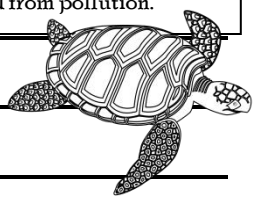
Name _____

Through the Eyes of Another (An empathy game)

Empathy is the ability to see and feel what another being is seeing and feeling. Often, we don't understand what others are going through when we judge them. The same is true for animals. The good news is we can grow our empathy through creativity. Pick one of your favorite animals, or one you find interesting. Take some time to imagine what life is like for that animal. Perhaps do a little research about their life. What are that specific animals joys and struggles? Imagine you are that animal, and write a letter to a friend from the animal's perspective (but don't say what you are, yet). Tell your friend how your day or week is going, what are the best and worst parts of your life? Really try to imagine what struggles this animal has. Later, we'll read these to each other and try to guess what animal we are writing about.

Sample: What a day. I finally arrived. After swimming for six months across the ocean, I made it to the beach. Now I've got to dig a whole and put my eggs inside. I hope my babies are okay. Unfortunately, I'll never get to see them born and grow. I've got to head back out on the current to get more food. Hopefully, I don't get lost in that garbage patch again and almost starve to death. It's not fun being hungry all the time. On my last trek through the ocean, I saw many friends tangled in fishing equipment and dead from pollution.



© Copyright 2013 - TallTreesGrowDeep.com

Name _____

Empathy Contemplation Questions

1. Describe empathy in your own words.

2. Why is it so important that we practice understanding what other people are going through?

3. Now think of your worst enemy, or someone you dislike very much. Take a few moments to empathize with them. What are their struggles and challenges?

4. Think of one or two things that people do that really (really!) bug you. If you look deeply at their behavior, and empathize, what could possibly explain these actions? For example, people become very upset when they are cut off in traffic; but they probably wouldn't feel angry if they knew the driver who cut them off was racing their child to the hospital with a life-threatening problem.

© Copyright 2013 - TallTreesGrowDeep.com