

Element 8: Share Empathy at Home

Meditation, Tutoring, Math, Music	Empathy at Home Activities
Grade Level: Middle & High School Time 1 hour daily Resources: Variable	Teachers, Caregivers or Self-Guided Learners <ul style="list-style-type: none">• Experience guided imagery to perceive the needs of family members.• Create commitment notes to place at the table for family members.• Follow through on the commitments.• Safely share rice and music with a neighbor.



Guided Imagery

Close your eyes. Imagine it is early morning and you are waking up as someone else – another person in your household. Which person is it?

What is the first sound you hear in the morning, as that person? Hear that sound in your mind. What do you see as you open your eyes? Try to see it through the eyes of that person in your household.

Now try to feel what that person feels and think the thoughts they think as they go about their day. As they stop to rest in the evening, try to imagine their needs. What has filled their time? Who helped them? What kind of help did they wish for? (Pause.) Pretend you are placing those needs on a table in the middle of the room. Write them down.

Next move on to another person in your family. Repeat the same process. At the end of the activity, you will have experienced empathy for each person in your family—to sincerely get outside of your own feelings and imagine how they might feel.

A Menu of Choices

With all these needs on the table, we now need to create a menu of choices about how to respond to those needs. How do we serve each person based on that menu?

Consider some items of you might want to put on the plate of different family members. Once you choose an idea, write it down and put it under their dish when that person sits down to eat. Ask them each to remove the dish and discover your empathy promise. Then try to live up to the promise to meet their need.

Give them a chance to clarify if their need is somewhat different than you imagined, so you can better meet it.

Another way to conduct the activity is to write all the items you have chosen on one restaurant-style menu and let each family member choose, to see whether each one selects the item you imagined they would. A sample menu of service items might include six choices or as many as there are family members. A few examples appear on the following page. End with a culminating project.

