

Element 2: Empathy on the Conflict Bridge

Life Skills	Empathy on the Conflict Bridge
<p>Grade Level: 8-Adulthood</p> <p>Time: 40 minutes</p> <p>Resources: Paper conflict bridge Or stones to represent it</p>	<p>Teachers, Caregivers or Self-Guided Learners</p> <ul style="list-style-type: none">• Prepare a conflict bridge• Read the introduction and examples.• Create your own hypothetical challenges to resolve as the unit progresses, for example based on rice growers disputing which method to use or youth in a household trying to share resources.

Life presents many circumstances, at home, at school, at work and in the community, and as global citizens, when we need to see a situation through the eyes of another. You will practice showing empathy, without judgement, on the conflict bridge in this lesson.

Make a Bridge

On separate pieces of scratch paper, draw five steps of the conflict bridge, with five identical ones for the kids who will face you.

Set the steps on the ground facing each other. Each partner will practice resolving conflicts by walking toward each other on the “bridge.” Save the steps for future use.

My position is:

I feel the following emotion:

I feel this way because...

I hear you saying that you feel the way you do because:

I can try to show empathy by taking the first step.

I will:

Sample Conflict:

Imagine you have only enough rice to take you through the day, and not every family member has had enough to eat.

You have all been worried about your grandmother becoming ill. Let's see what happens as your story plays out.

You just entered the kitchen and thought you saw your sister take an extra bowl of rice. You tell her you want her to put the rice back. She tells you she wants you to go and get some for yourself.

You tell her you feel upset. She feels accused, she says. You feel this way because you are very hungry and are younger than she is and deserve more rice, you tell her.

She feels accused because she actually took the extra bowl of rice to make some food available for her friend who needed some rice.

You tell her that you now understand her actions and did not know the rice was for the friend. She tells you that she now understands why you felt upset and realized you were hungry and thought you had been left out.

You think to yourself about how you can show more empathy instead of asking others to sacrifice for you. You offer to show empathy by taking the rice seedling to the family. Your sister smiles. She too wants to show empathy and not to become easily angry. She offers to teach you to cook rice, so the family will have enough for soup even when no one gets rice.

Preparing for Practice

Have you had a disagreement with others recently?

Keep the steps nearby. You can step outside or go to special place wherever you need to draw strength from the one.

When you come to the Rice Growers examples in this unit, set up an imaginary conflict between two growers with two different opinions. Give reasons for your ideas but show empathy for personal challenges as you resolve the conflict.

