



Session 16

RECAP

So far we have learnt...

- ★ About the 5 ways to well-being
- ★ The importance of putting things into practice to help ourselves daily
- ★ To try and observe the world by looking for letters or creating them with our class

What is empathy?

Empathy is...

**seeing with the eyes of another,
listening with the ears of another,
and feeling with the heart of another.**



Empathy



Sympathy

People often confuse empathy and sympathy. What is the difference between the two?

Watch the following video and think about how did some people show empathy and why did others choose not to.



HEALTHY SCHOOLS CHALLENGE:

What does it mean to put yourself in someone else's shoes?

Your challenge is to talk to the people in your groups about the questions on the shoes. Decide on one way you could show more empathy this week and try to practice it.





Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins. And it's up to you to make that happen. Empathy is a quality of character that can change the world.

— *Barack Obama* —

AZ QUOTES