

### Introducing learning muscle

- Ask chn what empathy and listening means to them?
- When would you use empathy and listening skills within school?

Chn to create a definition of what empathy and listening means to them.

### Describing feelings

Chn to describe how they would feel in different scenarios e.g.

Winning the lottery, Winning the X Factor, Losing a pet, Arguing with a friend

- Watching a clip that describe what empathy means

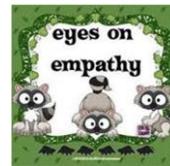
### Game - Pass the face on

1. Circle up: Gather the group into a circle so everyone can see each other.
2. Instruct: Explain that one person will begin the game by choosing a feeling that they can express with their face. Students will only see the face once (when it is "passed" to them). Their turn to "pass the face" will be indicated by a gentle tap on the shoulder, at which point they should look up at the face and then pass it on to the next person. As each person "passes the face", they should try to guess which feeling is being expressed—without saying it aloud.
3. Choose the first expression: Have all the participants close their eyes or look down so they cannot see you make the original facial expression. Choose the first feeling, make the face, and tap the person beside you on the shoulder to show them your facial expression. Quietly instruct them to mimic the face and "pass" it to the next person.
4. Name the expression: Once the last person has "received" the face, allow the group to guess which feeling was being portrayed. Play as many rounds as people want.

### Game - My mother went to the market

1. One child starts by saying 'I went to the shops today and bought...' something beginning with A (e.g. apple).
2. The next person continues by saying the previous item (apple) and then something beginning with B (e.g. banana).
3. Continue around the class, working through the alphabet, adding one more item to the end of the list each time.
4. Play continues with each student repeating what previous members said and adding one item to the shopping list

## Empathy and listening



### Phoenix

### Continued

Chn given scenarios, they answer questions about how the people feel and what they would do if they were in the same scenario.

Chn to draw and write about a time someone showed empathy to them.

Watch a video about a boy coming from another country and starting a new school. Chn discuss how the boy might have felt and how the video changed throughout.

### Game - Wink murder

The detective should move to the middle of the circle and try and figure out who the **murderer** is through a asking the players questions.

Meanwhile the **murderer** will 'kill' people off by **winking** at them, without the detective catching them.

If a player is killed, they should die dramatically and then leave the circle

### Continued Game - Matching voices

1. Child comes up to the front and says a phrase of word then they close their eyes.
2. The rest of the chn all move seats and find new places.
3. The child at the front of the class then scans the room and points to a child.
4. The child who is picked has to remember the phrase or word that was said and repeat it.
5. The child at the front has to guess who it was.
6. If the child who is picked can't remember the phrase or word they have to do a forfeit.

### Game - Telephone

1. **Getting Started.** Players must sit in a circle or stand in a straight line. They need to be close enough that whispering is possible, but not so close that players can hear each other whisper.
2. **Begin the Game.** The first person in the line or circle whispers a word or phrase into the ear of the person sitting or standing to their right.
3. **The Game Continues.** Players whisper the phrase to their neighbours until it reaches the last player in line.
4. **The Conclusion.** The last player says the word or phrase out loud so everyone can hear how much it has changed from the first whisper at the beginning of the circle or line.