

EMPATHY SELF-REFLECTION GUIDE

Adapted from an activity created by educators from the Ashoka Changemaker Schools Network

Data Collection:

Tally how many positive interactions and how many negative interactions you have over the course of a day. Positive interactions make both people in the interaction feel good; negative interactions have a negative emotional effect on one or both people.

Positive Interactions	Negative Interactions

Interaction Questions: Choose one significant positive interaction and one significant negative interaction that you had today.

For the positive interaction:

1. What did you notice about the other person's response? What was his/her body language like? What did he/she say?
2. How did this interaction demonstrate that you understand what it is like to be in that person's shoes?

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For the negative interaction:

1. Why did you interact with the person?
2. Why do you think the person may have reacted as they did?
3. What was your body language during the interaction?
4. What words did you say during the interaction?
5. How would you describe your tone during the interaction?
6. Is there anything you could have done to put yourself in their shoes and respond in a way that shows you understand his/her feelings?
7. What will you do differently in a future similar interaction?

General Empathy Questions:

1. How did your tone of voice change throughout the school day?
2. How did you respond others today? Is there a particular response you are very proud of? That you would like to change? What have you learned from that?
3. When was it easiest to feel empathy today? When was it hardest?
4. Are there any times today that you feel you forgot to consider someone else's perspective? What happened as a result?
5. What will you do to help yourself remember someone else's perspective and act in a way that shows you understand?