

EMPATHY

Activity 2: To feel through you!

Activities to promote adults' personal, social and learn to learn skills
Description of initiatives comprised in this handbook.

Title/name	To feel through you!
LifeComp Skill approached	<input type="checkbox"/> Self-regulation <input type="checkbox"/> Flexibility <input type="checkbox"/> Well-being <input checked="" type="checkbox"/> Empathy <input type="checkbox"/> Communication <input type="checkbox"/> Collaboration <input type="checkbox"/> Growth mindset <input type="checkbox"/> Critical thinking <input type="checkbox"/> Managing learning
Duration¹	3-5 hours
Type of activity	Cultural Recreation / Non-Formal Education
Short description	<p>This activity comprises of a group visit/tour with the aim of creating/developing empathy among adult participants.</p> <p>It involves developing the capacity of participants' observation, listening, knowledge sharing and emotional awareness skills. Focus is on the experiences of the participants, leading to better knowledge and understanding of the people around us.</p>
Objectives	<ul style="list-style-type: none"> ● Identify what is meaningful to others from their own perspective ● Discuss situations which provide an opportunity to experience another person's perspective. ● Deepen our knowledge of the people around us. ● Develop empathy in different life contexts.
Setting²	<ul style="list-style-type: none"> ● Previous meeting to prepare the visit ● Outside space/ park ● Roadmap/map of the place ● Picnic space, preferably with tables and chairs. Picnic food to share, prepared by participants. ● Camera (optional)
Facilitators' Tips³	Create small groups of no more than five people.

¹ It can be continuous.

² Materials and resources needed to implement it, including financial, human resources and spaces. In case a worksheet is needed, please use the following document to prepare it.

³ What a person needs to know to implement the activity.



	Alternatively, the activity can be performed in other outdoor or indoor spaces (museums, exhibitions, etc.) or even through online visits and virtual reality tours. It is advisable to have an itinerary of the visit with a map guiding the route. If this is not available, it must be prepared in advance. It is important to adapt the route, the degree of difficulty and the duration of the trip to the age and physical condition of the participants.
Step by step	<ol style="list-style-type: none"> 1. The facilitator provides a route map to each group and asks the participants to start the visit 2. Each participant, in small groups, will be responsible for a section of the route. With the help of the map, each participant will guide their colleagues through their designated section, highlighting/ stopping at important places (pre-defined on the route and/or chosen by themselves). They will describe what is important to record, (the landscape, the plants, the animals, the human constructions ...). 3. The facilitator encourages the participants to exchange relevant experiences and knowledge with each other regarding issues provoked and evoked by the visit. 4. If participants want, they can take pictures during the visit so they can share them afterwards if they feel comfortable. 5. At the end of the tour, the different groups will meet again in a large group and join a picnic lunch together. 6. During the picnic, participants can share their experiences and opinions, encouraging group reflection on the experience.
Debriefing	<ul style="list-style-type: none"> ● How did you feel during this activity? ● What did you like the most? ● Was there any difficulty that you were not able to solve by yourself? ● Describe a situation where empathy was felt? ● Was the empathy between you strengthened? How did it happen? ● In what ways can group visits/tours develop empathy? ● Which common points or differences did you find regarding the perception and description of place among colleagues?
References	

