

Microlearning Sessions Activity

SOCIAL EMPATHY

CITIZENS  **ACCELERATOR**

Activity 1: Stepping into Their Shoes

Objectives:

- Enhance participants' understanding of social empathy through experiential learning.
- Practise active listening and perspective-taking skills in a controlled, supportive environment.

Materials needed:

- Written scenarios or role-play cards (one per pair)
- Notepads and pens for participants
- Timer or clock for tracking the activity duration

Duration:

20 minutes

Description:

In this activity, you will guide participants through a role-play exercise designed to immerse them in scenarios that require social empathy. Each pair of participants will be able to take on the roles of both the empathiser and the speaker.

Introduction (2 minutes):

Introduce the activity, emphasising the importance of social empathy and its practical application. Inform the participants that they will engage in role-playing scenarios to apply and practise empathetic communication skills.

Scenario Setup (3 minutes):

Each pair receives a written scenario or role-play card. Explain that one participant will be the "empathiser," and the other will be the "speaker." The empathiser's task is to actively listen and respond empathetically, while the speaker shares their feelings about the given scenario.

Role-Playing (10 minutes):

Participants take turns being the empathiser and the speaker. Each role-play session lasts five minutes. Make sure to monitor the sessions, ensuring that participants are actively engaged and providing feedback on empathetic communication.

Reflection (3 minutes):

After each round, participants briefly reflect on their experiences. What challenges did they face? What strategies helped them empathise better? Encourage open discussion and share insights on effective empathetic communication.



Debrief and Key Takeaways (2 minutes):

Summarise the key takeaways from the activity, emphasising the importance of active listening, perspective-taking, and recognising emotions.

Encourage the participants to apply what they've learned in their daily interactions.

This "Stepping in Their Shoes" activity provides a structured and supportive environment for participants to practice and strengthen their social empathy skills.

Possible scenarios

Scenario	Speaker	Empathiser
Workplace Frustration	Describe a situation where you are feeling overwhelmed and frustrated with your workload.	Listen actively and respond with empathy, showing understanding for the speaker's challenges.
Friend's Dilemma	Explain a personal problem or dilemma you're facing with a friend.	Practise active listening and offer empathetic responses to the speaker's concerns.
Family Conflict	Describe a recent disagreement or conflict you had with a family member.	Listen attentively and respond with empathy, acknowledging the speaker's emotions.
New Opportunity	Share a situation where you are excited but also anxious about a new opportunity.	Practise active listening and respond empathetically to the speaker's mixed emotions.



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Project number:
101087526



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