

FIVE SENSES EMPATHY EXPERIMENTS

Ages:

Ages 6-8, 9-11

Description:

Let's practice Empathy in a fun way by using our five senses to understand how others feel! Today we're going to practice Empathy in a new, exciting, hands-on way.

What is Empathy?

Empathy means having the ability to listen and understand how someone is feeling. Empathy means putting yourself in someone else's shoes or viewpoint to understand how they feel. It's the ability to share someone else's feelings and emotions and understand why they might be having those feelings.

Why is Empathy important?

Being able to understand how the people around you feel is an important skill to have! Empathy makes a difference in everything we do. It allows us to have compassion for others, relate to friends, loved ones, teachers, cafeteria workers, and even strangers we may never actually meet, only observe. Empathy has a large positive impact on the world; if you can think of other's problem's as being your own problems, you are much more likely to deal with people in a compassionate, loving, and understanding way. Overall, having empathy makes us better humans.

Time:

20-30 minutes

Materials Needed:

- A Partner
 - You could virtually meet with a friend or ask a family member to do this fun activity with you!
- Shampoo
- Any spice from the spice cabinet
- Coffee or tea
- Salt
- Sugar
- A blanket
- Cold water
- A timer

Instructions:

I'm going to give you five chances to practice empathy with your five senses! We're going to practice empathy by guessing what our partner feels before, during, and after each experiment. If you need help thinking of emotions, use our emotions list!

  **LIST OF EMOTIONS**  

SAD	HAPPY	HURT	CONFIDENT	ENERGIZED
<ul style="list-style-type: none">• Depressed• Desperate• Dejected• Heavy• Crushed• Disgusted• Upset• Sorrowful• Weepy• Frustrated• Dismayed	<ul style="list-style-type: none">• Amused• Delighted• Glad• Pleased• Charmed• Grateful• Optimistic• Content• Joyful• Enthusiastic• Loving	<ul style="list-style-type: none">• Jealous• Betrayed• Let down• Tender• Wounded• Impaired• Damaged• Criticized• Abused• Punished• Rejected	<ul style="list-style-type: none">• Strong• Brave• Assured• Certain• Prepared• Successful• Encouraged• Peaceful• Secure• Relaxed• Comforted	<ul style="list-style-type: none">• Strengthened• Motivated• Focused• Invigorated• Determined• Inspired• Creative• Healthy• Renewed• Vibrant• Refreshed
ANXIOUS	ANGRY	TIRED	STRONG	HELPED
<ul style="list-style-type: none">• Afraid• Stressed• Troubled• Uncomfortable• Stunned• Mixed up• Unsure• Stuck• Hurt• Frozen• Desperate	<ul style="list-style-type: none">• Annoyed• Agitated• Raging• Furious• Livid• Bitter• Fed up• Irritated• Mad• Critical• Resentful	<ul style="list-style-type: none">• Indifferent• Bored• Drained• Exhausted• Dull• Weary• Powerless• Dejected• Listless• Burned out• Fatigued	<ul style="list-style-type: none">• Dynamic• Tenacious• Hardy• Sure• Certain• Unique• Secure• Empowered• Ambitious• Powerful• Confident	<ul style="list-style-type: none">• Cherished• Befriended• Appreciated• Understood• Commended• Empowered• Accepted• Blessed• Healed• Loved• Saved

www.eslforums.com

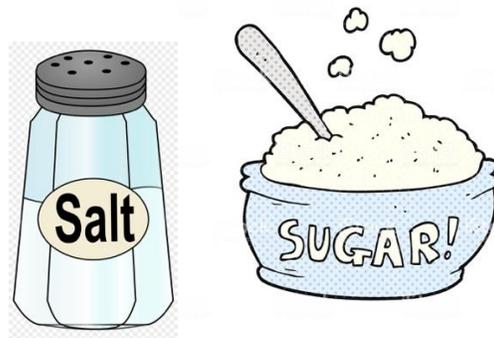
Step 1: Empathy Using Smell Experiment

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For this experiment, you'll need coffee or tea (you do NOT have to take it out of its bag or container, we don't want to waste it), a shampoo bottle and any spice out of the spice cabinet. You and your partner will take turns smelling all three of these items. After you have smelled an item, your partner will guess what they think that specific smell makes you feel, then you'll tell them if they were right or wrong. Inform them how it truly makes you feel. Do this for all three items, then switch partners!



Step 2: Empathy Using Taste Experiment



For this empathy experiment, you'll need **salt** and **sugar**. You and your partner will take turns putting a *small* amount (*about ¼ teaspoon*) of each on your tongue. The first person will choose whether they want to start with salt or sugar. Before the first person puts it on their tongue, the other person should guess how they feel *before*. Are they nervous? Are they excited? Are they scared? Are they anxious to get it over with? Take a guess!

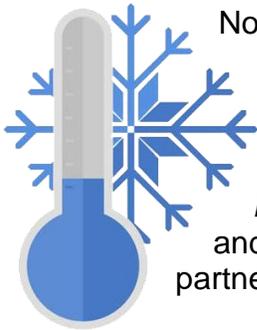
Once they put the salt or sugar on their tongue, guess how they feel while they're tasting the salt/sugar.

Once one partner has tasted both the salt and sugar, switch. After both partners have tasted the salt and sugar, talk about how each of you REALLY felt *before* you tasted each, *while* you tasted it and *after* you tasted each.

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Step 3: Empathy Using Touch

Wrap yourself in a warm blanket, close your eyes, and relax for one minute (set a timer). Both you and your partner can do this at the same time. Guess how each other feels after the timer goes off. Did you feel the same or different?



Now, go to the sink and put on the water as cold as it can get. You can either fill a bowl with ice water, or just run the sink as cold as it can get. Next, set a timer for 30 seconds. Hold your hand underneath the cold running water OR place your hand in the ice water for 30 seconds. Once you're done, have your partner guess how you felt *before* you put your hand in, *during* the time you had your hand in, and how you felt *after*. I bet your emotions changed a lot! Talk to your partner about it!

Step 4: Empathy using Sight

Stare at an empty, blank, boring wall for **one minute**. While you do this, your partner will watch you and guess how staring at that wall makes you feel. Once you've done this, switch.



Now, go to a window or outside (with permission of course) and stare at a tree. Set a timer for **one minute**. While you stare at the tree, notice the branches, leaves and movement in the tree. You and your partner can do this at the same time. Do nothing but look at the tree. After the minute is over, guess what your partner felt while they looked at the tree. Have them guess what you felt, then share what you truly felt.

Step 5: Empathy using hearing

Ask your partner to play one of their favorite songs. Both of you should LISTEN to the song with your eyes closed. Guess how this song makes them feel! Does it make them sad?

Does it make them happy?

After you guess, ask your partner how that song really makes them feel!

Then switch, play one of your favorite songs, listen with both your eyes closed again, listen to your partners guess of what you feel, then be honest and tell them how it really makes you feel!



Great job completing these five empathy experiments!

Remember: Empathy takes practice. It also requires you to *listen*. Keep practicing. Keep listening.

ACTIVITY RECAP

Discovery Questions:

- What was it like to guess your partner's emotion's? Was it easy or hard?
- How can guessing your partner's emotion's help you understand empathy? What was the point of these experiments?
- How will you use empathy in your everyday life? How can you be more empathetic towards your family or friends?
- Knowing what you know now, is there anything you do differently if you were to do this activity again?
- With a parent/guardian's permission, share with us what you think of the Five Senses Empathy Experiments on our Instagram page with the tag @girlsincindy.

Resources:

<https://www.mastersincommunications.org/empathy-what-why-how/>

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