

<b>Lesson</b>	Types of Empathy
<b>Module</b>	#1 What is Empathy?
<b>Learning Intention</b>	Students will be able to name and define the three types of empathy.
<b>Lesson Duration</b>	30 minutes
<b>Materials Needed</b>	Pencils, Colored Pencils, Paper, Bucket, White board, white board markers

**Lesson Structure:**

On the board have students brainstorm what they know about empathy. Then break students into groups of three (or six if a bigger class) and have them pull out of a bucket one of the types of empathy. They will then go into their groups and find a way to depict their type of empathy to their classmates and will then discuss each type as a class. Their depiction could be a skit, rap, song etc. Encourage students to be creative.

Make copies and cut out the different types of empathy (found on the second page of this lesson)

Give groups about 10 minutes to prepare and then bring the class back together to watch each group's presentation.

**Assessment:**

Exit slip: have students write down one type of empathy and it's definition.

**Extensions:**

Research paper on a type of empathy  
 Venn diagrams of the types of empathy  
 Discussion on empathy vs. sympathy.

### Three Different Types of Empathy

**Cognitive Empathy:** understanding someone's thoughts and emotions

**Emotional Empathy:** being able to literally feel with someone else. Catching their feelings.

**Compassionate Empathy:** understanding someone's feelings and taking action to help them.

