

Empathy Training



**Fast * Easy * Fun
Awareness Game**

***4 Classrooms &
All Work Cultures***



P A T T Y A N N



Empathy Recognition Training

Suitable for Classrooms & for ALL Work Cultures

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Published by Patty Ann

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Thank YOU & Enjoy!



Empathy Recognition Training

Suitable for Classrooms & for ALL Work Cultures

Description:

This program is designed to create empathy awareness across all platforms and environments. It is SIMPLE, EASY, QUICK, and FUN without taking precious time away from classroom curricula or work place projects. After a very short introduction, this training can be incorporated into your daily work plan without disruption. In fact it is so easy, fun, and rewarding that everybody loves to participate, even the ones at the top. Administrators, supervisors, leads, CEOs and management can enjoy being involved in this reward system, which is designed to lead by example.

Reasoning:

Whether a person is a student, employee, manager, parent, family, friend, or other, he/she can easily learn empathy and use it in all interactions with others. The outcome is that this human connection leads to peer understanding.

Cooperative environments are essential for classrooms, on the job, in any collaborative situation, and everywhere people interact.

Examples where empathy training can be most useful:

- Telephone customer service. Customer Service Representatives is a must to ensure customer satisfaction and for repeat business.
- Group projects. A project fraught with different perspectives. Empathy training can help peers to see the tasks from other view points thereby insuring a successful outcome in the workplace.
- Classrooms. Classrooms are perfect environments to plant the seed of using empathy early. Empathy training made into a game will catch on and encourage students to learn what empathy looks like and how to recognize it in group situations.

In fact, this simple and fast training can be used not only in the classroom, but in all work and peer environments. This Empathy Awareness Game is SIMPLE to teach, EASY to Explore, and has FUN productive results.

Training

(Duration 10 minutes)

Discuss the Following

Define Empathy:

First define the term Empathy. You might start with a list of terms that describe it.

- Putting yourself in someone else's shoes
- Feeling how someone else feels
- Looking through another person's perspective
- Being open to another person's position
- Understanding another viewpoint
- Able to share another person's experience
- Having empathic concern

Have your audience add to the list until there is a common thread of understanding around this term.

Define Awareness:

Defining awareness is important so that the audience can link it to empathy. Ask your class what happens when they become aware of a new learning:

- Ability to be conscious of events and patterns
- A heightened perception and cognitive reaction to a condition or event
- Being aware and alert to changes
- Acknowledging openly or silently an environmental shift
- Noticing a difference
- A knowing of outcomes

The Goal for the definitions above is to establish understanding of the words Empathy Awareness.

The Empathy Recognition Game

Encourage all personnel to participate. This training is fun and rewarding.

Explain to Participants

Your goal is to recognize and award your peers, even superiors, for their actions to demonstrate empathy. When you see someone being a good example, make a note of it mentally, or write it down. It is not necessary to tell them right away.

Within the day at a convenient time fill out one of the Empathy Recognition Awards cards. Either give it to your peer or leave it on a desk where they will find it. Guaranteed they will be pleased to be recognized. All recipients will display them openly.

That is it! This exercise is simple, easy and takes only a moment to do!

Additional Ideas

Now for some additional ideas for this training:

This program is NOT a competition. Some people will get more awards because they are naturally empathetic. Emphasize this is a life long learning tool that will serve them well in life.

If you find that one of your teachers, students or workers are not getting any awards, watch for their behaviors and award them for the slightest gesture of empathy. Sometimes a little encouragement will help someone's understanding become solid.

For classes you can have your students display their top two awards up on a bulletin board for everyone to see, or have them tape them to their desk. Early grades are most likely to earn awards. Have students understand this important concept.

You can give out additional awards for the most unique empathy displayed or have the awarding party tell what they observed as they give the recipient their award. Use your imagination. Have the participants come up with ideas too.

You can even make a weekly event out of this training. It need not take up more than fifteen minutes and it would provide a fun break.

This exercise is not just for the kids. Teachers if you see cooperative understanding displayed between the students, be sure to make out an award for each one. Or, even give one to your Principal!

Empathy awards are not about only what someone does. It is also about what someone says. Emphasize early on that words are very powerful. Teachers you might even have a short exercise around this topic. For example, good empathy phrases to use might sound like these:

- I understand you
- Tell me how I can help you
- Your experience was dreadful, I am sorry
- I care about accommodating you

This program can be ongoing. To be successful, schedule it for at least a week. Ample time is required to catch people on. A month is a good time frame for this exercise too. However, you do need to administer the empathy training be sure to keep it alive in your environment by choosing a time length that works.

Ways to keep the program fresh includes:

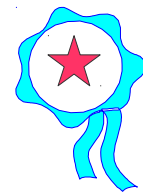
- Put dated posters on the wall as a reminder (one is included);
- Keep a stack of awards handy as students run out;
- Have ten minute sessions for kudos or questions twice a week;
- Students could share on what it felt like giving or getting an award;
- Ask students how empathy awareness has changed their outlook.

When the program is running just breath a bit of life into it now and again as an ongoing activity.

The following pages are helpful aids. The first page is a reminder poster that can be posted in your work space. The second page are the Empathy Awards, that are laid out 4-up. They can be copied and cut in quarters to be distributed.

Take the Empathy Challenge!

- **Recognize** Empathy in Action and by Language.
- **Participate** in the Empathy Game to Create a Connection with Your Peers.
- **Observe and Award** Others in Your Circle of Friends.
- **Express & Use** Empathy Every Time You Interact with Others.
- **Identify** Empathy Behaviors or Language to Recognize Others.
- **Reward & Acknowledge** Your Peers When You Witness Empathy Behaviors in Action.
- **Give an Empathy Award** Naming His/Her Specific Praise-worthy Actions.
- **Remember that Showing Empathy** is a Learned Behavior that Takes Practice to be Proficient.
- **The Empathy Connection** is Created Through a Positive Communication Climate.



Empathy Recognition

★ Award

I Appreciate



Recipient's Name

Awarded by

*Congratulations For Demonstrating
Empathy Behaviors on the
Following Occasions:*



Date

Empathy Recognition

★ Award

I Appreciate



Recipient's Name

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Date



Sample

Thank YOU for Previewing
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PET PROJECT**

