



Empathy Building

Autism & ABA Therapy Social Skills

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Activity Title:

Walk in Their Shoes: Understanding and Sharing Feelings"

Objective:

To develop empathy by understanding and relating to others' feelings through interactive scenarios.

Materials Needed:

- Emotion Scenario Cards: Each card depicting a different real-life situation.
- A 'Feeling Chart': A chart with various emotions and corresponding facial expressions.
- Drawing materials: Paper, crayons, or markers.

Activity Setup:

Prepare Emotion Scenario Cards:

- Create cards with scenarios that can evoke different emotions. Ensure they are simple and relatable for the child.
- Example Scenario: "Jamie's ice cream fell on the ground."

Create a Feeling Chart:

- This chart should have emotions such as happy, sad, angry, surprised, etc., with facial expressions or words.

Activity Steps with Example:

Introduction to Empathy:

- Explain empathy in simple terms: "Empathy is understanding and sharing the feelings of others."

Scenario Exploration:

- Example: Show the card with the scenario "Jamie's ice cream fell on the ground."
- Ask the child, "How do you think Jamie feels?"

Using the Feeling Chart:

- Refer to the Feeling Chart. Have the child identify Jamie's possible emotion (e.g., sad).
- Discuss why Jamie might feel that way: "How would you feel if your ice cream fell?"

Role-Playing:

- Act out the scenario. One plays Jamie, and the other responds to Jamie's situation.
- Practice showing empathy, like saying, "I'm sorry your ice cream fell. That's disappointing."

Drawing Emotions:

- Have the child draw Jamie in the scenario. Emphasize expressing Jamie's feelings in the drawing.

Reflection and Sharing:

- Discuss the drawing: "Tell me about your picture of Jamie. How is he feeling here?"
- Relate to personal experiences: "Can you remember a time you felt like Jamie?"

Skills Targeted:

- Recognizing and naming different emotions.
- Perspective-taking and understanding others' feelings.
- Expressing empathy through words and actions.
- Creative expression of emotions through drawing.

