

SEEING THROUGH SOMEONE ELSE'S EYES

SUBJECT Citizenship Education; Personal, Social and Emotional Learning

TOPIC Empathy and Perspective-Taking

DURATION 50 minutes

AGE 13+

LEARNING OBJECTIVES

At the end of the lesson, students are expected to:

-  Understand the meaning of empathy and perspective-taking.
-  Recognise the difference between empathy, sympathy and judgement.
-  Develop active listening and perspective-taking skills.
-  Reflect on how empathy can improve relationships and reduce conflicts.
-  Apply empathetic thinking to everyday situations at school, home and online.

MATERIALS

- Projector or interactive whiteboard
- Internet connection
- PowerPoint presentation or [interactive video](#) on empathy ([below](#) are the questions used in the video)

METHODS

- Guided class discussion
- Interactive presentation or video
- Pair discussion
- Individual reflection

PREPARATION/OPENING

- Before the lesson, the teacher prepares a short PowerPoint or an interactive video introducing empathy and perspective-taking ([see our example](#) created with EdPuzzle).
- Begin by asking students: "Have you ever misunderstood someone's behaviour, only to realise later that there was another side to the story?"
- Invite a few volunteers to briefly share their experiences if they feel comfortable doing so, reminding the class to listen respectfully and without judgement.
- Explain that empathy means **trying to understand another person's thoughts, feelings and experiences from their point of view**, even if we have had different experiences ourselves.

LESSON STRUCTURE/DEVELOPMENT

INTRODUCTION (10 minutes):

- Introduce the concepts of empathy and perspective-taking.
- Explain that:
 - Empathy means understanding how another person may be thinking or feeling.
 - Perspective-taking means trying to see a situation through another person's eyes.
 - Sympathy means feeling concern for someone without necessarily sharing their perspective.
 - Judgement means forming an opinion about someone without fully understanding their perspective.
 - Everyone experiences the world differently because of their personal experiences, emotions and background.
 - Empathy helps us communicate more effectively, build stronger relationships and reduce misunderstandings.
- Highlight that empathy **does not** necessarily mean agreeing with someone; it means making an effort to understand their perspective before judging or reacting.

IMPLEMENTATION:

Interactive video & Class discussion (40 minutes)

- Students watch the interactive video “The Importance of Empathy” individually or as a class ([see our example created with EdPuzzle](#)).
- The teacher pauses automatically through the embedded questions, encouraging students to reflect before continuing.
- Then, students discuss:
 - Which message from the video stood out to you the most?
 - Why can misunderstandings happen so easily?
 - How can empathy improve relationships at school, at home or online?
 - What could you say or ask to show that you are actively listening and trying to understand the other person’s perspective?
- Invite students to share one idea they learned from the video.
- Conclude by reinforcing that empathy begins with listening, asking questions and being willing to see situations from another person's perspective.

INTERACTIVE ACTIVITY

- [Interactive video on “The Importance of Empathy”](#) created with EdPuzzle

REFERENCES

- Lifehacker - [The Importance of Empathy](#) (YouTube Video).
- Psychology Today - [“Empathy”](#)
- Greater Good Science Center - [“What is Empathy?”](#)

CONCLUSION/ASSESSMENT

Assess students through: participation during discussions; responses to the interactive video questions; ability to explain empathy and perspective-taking using their own words; ability to distinguish between empathy, sympathy and judgement; ability to suggest an empathetic response using perspective-taking and active listening; respectful participation during pair discussions.

HOMEWORK

During the following week, ask students to pay attention to one situation online and one offline where someone showed empathy, or could have shown more empathy. They should avoid including names or personal details in their reflection.

Ask them to write a short reflection (150-200 words) explaining:

- what happened;
- how the people involved may have felt;
- how perspective-taking could improve the situation.

INTERACTIVE VIDEO QUESTIONS (FOR THE TEACHER)

Below is the set of questions that have been included in the interactive video “The Importance of Empathy” created using EdPuzzle:

<https://edpuzzle.com/media/6a6c60b94aedd47a513f1eb1>

The video introduces the concept of empathy and explores how perspective-taking, observation and active listening can help us better understand other people's feelings and experiences.

Question 1 (Introduction)

How much do you know about this topic?

- Nothing at all
- A little bit
- Quite a lot
- I'm an expert

Question 2 (Multiple Choice)

What is empathy?

- Feeling sorry for someone.
- An active attempt to understand another person's feelings and perspective. ✓
- Solving other people's problems.
- Always agreeing with others.

Question 3 (Multiple Choice)

According to the speaker, how can empathy be improved?

- By practising simple habits such as observing others and active listening. ✓
- Only through professional training.
- It cannot be improved because it is innate.
- By convincing other people to think like us.

Question 4 (Multiple Choice)

Which statement best reflects active listening?

- Reply as quickly as possible.
- Think about your answer while the other person is speaking.
- Try to understand the speaker's feelings and point of view before responding. ✓
- Agree with everything the other person says.

Question 5 (Open-ended)

Think of a time when someone really listened to you. How did it make you feel, and what did the person do to show they were listening?

Question 6 (Reflection – End of Video)

After watching the video, what is one idea you would like to apply in your daily life to show more empathy?