

Empathy vs. Sympathy by Brene Brown

Use this exercise to encourage students to consider a perspective that is the opposite of theirs.

Here are some ideas:

Kids shouldn't be allowed to play video games until they're 16.

Bedtime should be 7:30 until you get to high school.

Parents should be allowed to go through their children's devices.

Adults have it harder than kids.

Parents should choose their kids' clothes and hairstyles.

Fast food should be banned.

Soda should be banned.

Encourage students to explore the other side's perspective. Invite them to list out questions they would ask the other side, and reflect on things they have heard that may support the other side.

NAME: _____

DATE: _____

PERSPECTIVE TAKING

CHOOSE AN OPINION YOU DON'T AGREE WITH,
AND WRITE DOWN THREE REASONS FROM THE
OTHER SIDE'S PERSPECTIVE.
