

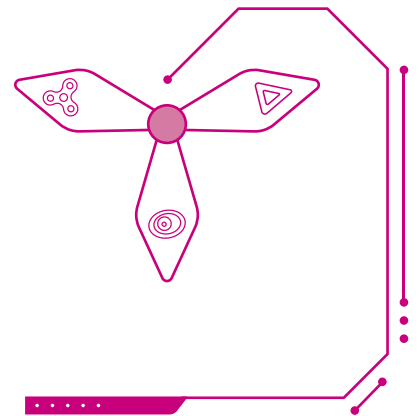


ACTIVITIES & HANDOUTS | MIDDLE

THE EMPATHY CIRCLE

Subject: Arts & Design, Humanities, Moral Education

Years: Cycle 2 / Middle




• **CONNECTING MINDS**
UAE FROM PARTICIPATION
TO HOSTING


THE POWER OF THOUGHT

INSTRUCTIONS

- 1. Hold one arm straight out to the side, level with your shoulders. I am going to place my index and middle fingers on the top of your wrist. Then, I am going to push down and see how easily I can make you lower your arm. I want you to try to resist me and keep your arm level.*
2. Push down on the person's wrist, until their arm begins to lower.
- 3. Close your eyes and lower your arms. In your mind, think about doing something negative – something you really don't enjoy or don't like to happen. Something that makes you feel unhappy. Now think of some negative words or phrases people say about one another. Say these words to yourself, as if they are being said to you. Keep imagining these experiences and repeating these words to yourself.*
4. Give the person 20 – 30 seconds to keep imagining and repeating these negative words and experiences.
- 5. Raise your arm again, and I'll see how easily I can make you lower your arm.*
6. Push down on the person's wrist again. Usually, the person can't resist as well as they did before. Their negative thoughts have made them weaker.
- 7. OK, close your eyes again and lower your arms. In your mind, think about doing something positive – succeeding at something or doing something you really enjoy. It should make you feel really good about yourself. Now think of some positive words or phrases people say about one another. Say these words to yourself, as if they are being said to you. Keep imagining these experiences and repeating these words to yourself.*
8. Give the person 20–30 seconds to keep imagining and repeating these positive words and experiences.
- 9. Raise your arm again, and I'll see how easily I can make you lower your arm.*
10. Push down on the person's wrist again. Usually, the person can resist at least as well as they did the first time, and sometimes more. Their positive thoughts have made them stronger.

HELPING OR HINDERING?

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- Farouk has an important exam during his first lesson. He is worried about the grade he will get. Before school begins, he shares his worries with his friend, David.
 - But David has got a new phone, and all he wants to do is show Farouk its amazing camera. He doesn't listen or pay attention to Farouk.
 - Frustrated, Farouk begins his exam feeling that his friends don't care about him. He doesn't get quite as good a grade as he wanted.

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- Mohammed is confused. He needs to decide which sports team he will join at school. He likes both football and cricket, but the training sessions happen at the same time, so he can only choose one to continue.
 - Mohammed's older brother is passionate about sport and was in lots of teams when he was Mohammed's age. Mohammed knows his brother can help him make up his mind, but his brother doesn't answer his calls or texts.
 - Without his brother's advice, Mohammed panics and doesn't join either team. Later, he feels sad when he hears his friends discussing their big game.

- Sarah has done really well at school this term and can't wait to show her parents her report.
- But when she gets home her Mum is really busy and doesn't pay her any attention. She waves hello, but when Sarah starts to tell her about her great report, she waves her away, closing the door to the room she's working in, and doesn't come out for more than an hour.
- Sarah's mood changes from happy and proud to upset. Why did she bother working so hard?

EMPATHY CIRCLE GUIDE

Get into groups of four.

STEP 1

Give yourself letters: A, B, C and D.

- A and B form a pair, and C and D form a pair.

In your pairs:

- Think carefully about what Expo 2020 means to you.

Take turns to share your thoughts, hopes and excitement about Expo 2020. Try to share as much detail as you can!

For example:

- What excites you about Expo 2020?
- What do you most look forward to visiting or experiencing?
- What would you most like to find out?
- How does Expo 2020 inspire you about your own future?

Use the **Tips for listening** while your partner speaks.



STEP 2

Swap partners so A is with C and B is with D.

- This time, you are not going to talk about yourself.
- Tell your **Step 2** partner everything you can remember about your **Step 1** partner's answers.
- Don't forget the **Tips for listening!**



STEP 3

Swap partners again, so A is with D and B is with C.

- Now tell your **Step 3** partner everything you can remember about your **Step 2** partner's answers.
- Your partner will be telling your original answer back to you.
- How much did they get right?



TIPS FOR LISTENING

- Look at your partner as they talk.
- Show that you are listening: nod your head and respond to what they say.
- Ask follow-up questions to get as much detail as possible, or to make sure you understand.
- Do your best to remember what they said.

CONNECTING WITH THE WORLD AT EXPO 2020 DUBAI

Design a Majlis space for Expo 2020!

Think about these questions to help you with your design.

- 1 How will people know what it is?
- 2 How could Expo 2020 volunteers help to run your Majlis space?
- 3 What rules or guidelines would help make your Majlis respectful and inclusive?
- 4 What ideas or questions could people discuss?
- 5 How could you record their ideas to share with other visitors?
- 6 What could you give people as a memento of taking part?

Draw your Majlis in the box to show how it will work.

