

Session 1

The purpose of this session is to:

- develop an appreciation of members of the group
- understand the similarities and differences of members of the group
- develop an understanding of empathy

This session you will need

- examples of logos, cut out from magazines, newspapers etc
- scrap paper
- textas
- pencils/pens
- scissors

Starting off...

- During Peer Support we will be developing an understanding of what it takes to face our challenges.
- In this session we will develop a greater understanding of empathy.

🕒 10 mins

ACTIVITY 1: Similar and different

1. Explain that we will take a few minutes to move around talking to each other. Each student needs to find five different students and write down their responses to these categories, one student's response per category.
 - their favourite colour
 - their favourite song
 - their favourite food
 - their favourite movie
 - their favourite holiday destination
2. Bring the group back together.
3. Ask the first student in the group to share some information about a student they talked to.
eg Joe's favourite colour is blue.
4. All the students who have blue written down on their paper as a favourite colour, cross it off their list.
5. The next student in the circle who has a different colour shares that information with the group. Again all the students who have this same colour, cross this off the list.

6. Continue around the circle until there are no new colours to share. All those students who had a response that didn't match anyone else's in the group receive a point.
7. Continue in the same way around the circle by asking the next student to share information about the next category.
8. Students keep their own score on their piece of paper.

Say something like:

"We are all different and unique individuals and bring different skills and qualities to the group. The more we know about each other, the better we can work together."

🕒 15 mins

ACTIVITY 2: How would you feel?

Say something like:

"Empathy is when we take time to consider the feelings of others. It means considering a situation from someone else's point of view."

1. Explain that when someone is upset you could:
 - **say something simple that shows you understand**
eg that must have been so
 - **share with them a similar experience**
eg that happened to me when I
 - **say what you imagine you would feel in that situation**
eg I'd feel if that happened to me
2. Split into groups of 3.
3. Peer leaders read a scenario to each group.
4. Each group discusses the scenario and decides what they could say to the person in the scenario who is feeling upset.
5. Bring the group back together and ask each group to share their scenario and responses.

Scenarios

- ❖ *feeling very anxious about giving a speech at the school assembly*
- ❖ *not being invited to a friend's birthday party*
- ❖ *grandmother very sick in hospital*
- ❖ *dog disappears and can't be found*