

Time: 25 - 35 minutes

Teams: 3 - 6 players

Location: Indoor or outdoor space (quiet and comfortable)

Educational Objective

The purpose of this task is to help participants understand the concept of empathy, explore different perspectives, identify emotions and underlying needs in everyday situations, and recognise how empathy supports communication, inclusion, and cooperation.

The activity strengthens critical thinking, reflection, and the ability to apply empathy in real-life contexts.

Moderator

Walk in My Shoes

Step-by-Step Instructions

1. Introduction & Framing

Explain that everyday interactions can lead to understanding or misunderstanding depending on how we relate to others.

Emphasise that empathy helps us understand perspectives, emotions, and needs, and supports more constructive communication.

Clarify that the goal is exploration and reflection, not giving 'correct' answers.

2. Organisation

Choose a quiet, comfortable indoor or outdoor space.

Ensure the team has access to a smartphone.

3. What is Empathy? (5 minutes)

Ask participants to search online for different definitions of empathy.

Instruct them to compare and discuss these definitions.

Ask them to create their own definition of empathy that is simple, clear, and easy to remember.

Methodological tip: Encourage participants to focus on meaning rather than wording, and to notice differences between definitions.

4. Behind the Situation (10 minutes)

Instruct the team to think of two everyday situations where empathy is needed (e.g., conflict, misunderstanding, exclusion, stress). For each situation, ask them to:

- describe what is happening,
- identify possible emotions,
- identify underlying needs,
- suggest how an empathetic response could change the situation.

Methodological tip: If participants struggle, prompt them to move beyond surface reactions and consider what might not be immediately visible.

5. Your Empathy Rules (10 minutes)

Ask the team to create three simple 'empathy rules' they could apply in daily life. Encourage practical, realistic, and actionable statements.

Optional enhancement:

Invite participants to act out a short scene showing a situation without empathy and then with empathy.

Mission Equipment

Smartphone

Internet access

Notepad or whiteboard for taking notes



Role of the Moderator

The moderator acts as a facilitator, not a judge. Your role is to:

- Create emotional safety.
- Keep time and structure the activity.
- Guide participants to connect emotions, needs, and behaviour.
- Redirect the discussion if it becomes too personal or uncomfortable.

Optional Enhancement

Encourage participants to reflect on the connection between empathy and the Sustainable Development Goals (SDGs). Do they see a link?

How can empathy support goals such as reducing inequalities, improving well-being, or building inclusive communities?