H S + M S

GREEN ACTIVITY

# LUNCHTIME EMPATHY WALL

Encourage students to promote the concept of emotional intelligence by creating an Empathy Wall where their peers can share and read personal stories, fostering a sense of understanding and empathy within the school community.

PILLAR 4 **Understanding Others & Empathy**

ANY CYCLE

## ACTIVITY OVERVIEW

Students will set up an Empathy Wall in a high-traffic area during lunchtime. The wall will feature stories and reflections submitted by students about moments when they felt understood, supported, or experienced strong emotions. This activity aims to build a supportive environment where students feel heard and valued.

## MATERIALS NEEDED

+ Large bulletin board or poster boards
+ Sticky notes or index cards
+ Markers and pens
+ Decorative materials (e.g., stickers, borders)
+ Tables and chairs for setup

## STEPS

**Introduction to the Empathy Wall**

+ Announce the Event: Inform the Team about the plan to create an Empathy Wall to promote emotional intelligence and empathy among the wider school body.
+ Encourage Participation: Motivate students to participate by submitting their stories and reflections for the wall.

**Materials Preparation**

+ Gather Supplies: Collect the materials listed under MATERIALS NEEDED above.



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- Create Instructions: Prepare clear instructions for submitting stories and reflections to guide participants.

**Set Up the Empathy Wall**

- Location: Choose a high-traffic area in the school, such as the cafeteria or main hallway.
- Wall Setup: Arrange the bulletin board or poster boards and decorate them to attract attention. Ensure there is enough space for students to add their stories and reflections.

**Running the Empathy Wall Activity (During Lunchtime)**

- Collect Stories and Reflections: Encourage students to write about a time when they felt understood, supported, or experienced strong emotions. They can also share how someone else's empathy made a difference in their lives.
- Display Stories: Students place their sticky notes or index cards on the Empathy Wall for others to read. Encourage them to use markers and pens to make their entries clear and legible.
- Reading and Reflecting: Invite students to read the stories and reflections on the wall during lunchtime. Provide reflection prompts to help them think about the importance of empathy and understanding in their own lives.

**Reflection and Sharing**

- Discuss the Experience: After the activity, gather participants to reflect on their experiences. Ask questions such as:
- How did reading others' stories make you feel?
- What did you learn about empathy from this activity?
- How can you apply what you learned to improve your interactions with others?
- Share Feedback: Encourage participants to share their thoughts and experiences with their peers.

## EXPECTED OUTCOMES

- Increased awareness and practice of empathy among participants.
- Enhanced understanding of others' emotions and experiences.
- A supportive and engaging school environment that values emotional intelligence and effective communication. This lunchtime Empathy Wall provides a meaningful and interactive way for students to share and reflect on their experiences, fostering a deeper sense of empathy and understanding within the school community.



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