

The Empathy Circle – Anti-Discrimination Educational Activity



Lesson Plan

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Title of Learning Activity: The Empathy Circle – Anti-Discrimination Educational Activity	Subject area: Tutorial / Citizenship Education
Grade Level(s): 12+ ages	Duration: 40 minutes

Learning objectives:

At the end of the activity, students are expected to:

- Raise awareness among students about causes and types of discrimination (sexual, racial, gender-based, nationality, religion, freedom of expression, etc.).
- Promote debate and argumentation regarding prejudices about sexual diversity and gender identity in family and school contexts.
- Encourage students to share experiences of discrimination while practicing empathy and understanding.

Teaching Approaches / Techniques

- Circle-based group discussion
- Role-based experiential learning
- Guided debate
- Empathy-building strategies

Materials / Resources / Technology use:

- Open or closed spacious area
- Printed role cards: <https://drive.google.com/file/d/1tPgGFg0XJt3tiZK8J27-tL4lcPSRatD9/view?usp=sharing>
- Empathy circle: <https://feelingswheel.app/en/feelings-wheel-full-screen>

Activity Description:

This 40-minute learning activity introduces students (age 12+) to the concept of **discrimination**.

Introduction: Students sit in a circle.

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Step 1: Each participant receives a role card describing a discriminatory situation.

Step 2: Students have several minutes to think about the scenario on their card and generate additional similar examples.

Step 3: Each participant shares their experiences with the group, helping raise awareness about the variety of situations lived by diverse individuals.

The group discusses the emotional and social impact of these discriminations, practicing empathy and active listening.

Closure: The activity ends with a reflection, where students consider what they learned, what they want to change.

Assessment:

- Quality of participation in dialogue.
- Ability to identify discriminatory behaviors.
- Empathy shown in discussions.
- Contribution to group reflection and awareness.

Students will be asked to provide a poster with some general reflections as a feedback to improve the learning activity!

References:

<https://feelingswheel.app/en/feelings-wheel-full-screen>