


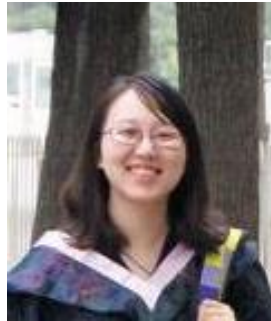

Imagine: Their Courage, Their Fears

An activity of several What's Up stories

How good are you at imagining what others might be feeling? When you try to feel what they feel, then you are practising empathy. It is very good to have empathy for others. This activity will help you to be a more empathetic person. And, in the process, grow your understanding of how your personal courage can help you face your fears.

1. Form six groups within your class. Pick one of the following for each group, with no two groups getting the same person.

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GROUP 4	GROUP 5	GROUP 6
		
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2. Read the story that your group's person appears in. The stories are all in the August 2020 issue of *What's Up*. Based on the story and pictures, what do you think were some fears that your focus person might have? In what way is the person courageous? Prepare a five-minute oral presentation on your group's deductions. Not all the information you need is in the stories — you have to do some clever guesswork!
3. Present your group's observations in class. Then, reflect on what this experience in imagining someone else's feelings was like for you.