

Empathy Shoes: What Might Offer Inner Peace?

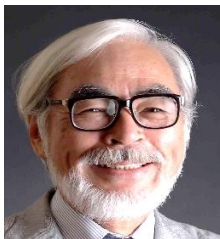



An extension of several What's Up January 2024 stories

Inner peace is a feeling of calm and wellbeing even if not everything in our lives is going well. Having inner peace helps us to be strong mentally. Inner peace enables us to face problems despite our worries and fears. In fact, feeling calm and well can reduce worries and fears. It works the other way around too — having less worries and fears can grow inner peace.

How can the people below grow their inner peace? What hopes and wishes can help them? Are there words they can say to themselves to feel better? When we know very little about someone, we must use our imagination plus whatever information we do have. And, in doing so, we become better at having **empathy**. To empathise is to feel a connection with someone by imagining what that person feels and thinks. It is time now to put on your Empathy Shoes for this activity!

1. Form eight groups with every group having about the same number of students.
2. Pick one of the following for each group, with no two groups getting the same individual. You can do this either on a first-come-first-served basis or by drawing lots.

GROUP 1	GROUP 2	GROUP 3	GROUP 4
			
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GROUP 5	GROUP 6	GROUP 7	GROUP 8
			
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3. As a group, read the *What's Up* story that your group's character appears in. The stories are all in the January 2024 issue. None of these stories mention inner peace. And so, speculate. Then, prepare a six-minute oral presentation titled "What might offer inner peace for <Insert the for whom.> ".
4. Take turns to share your group presentations with the whole class. Then, reflect on (i) how you felt practicing empathy and (ii) what you have gained by thinking about inner peace.