









Our New Year Wishes for Them!

An extension of several What's Up stories

How good are you at imagining what it is like to be someone else? When you do that and try to feel what they feel, then you are practicing empathy. It is very good to have empathy for others. This activity will help you to be a more empathetic person.

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

| 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. Read the story that your group's person appears in. The stories are all in the January 2025 issue of *What's Up*. Imagine what would be wonderful for that person to have in 2025. Compose a specific wish for him or her.
4. Prepare a five-minute oral presentation (i) expressing your New Year wishes for that person, and (ii) explaining why you chose that particular wish.
5. Share with your class your group's New Year wish for your focus person. Then, reflect on what this experience in practicing empathy was like for you.