



THREE STATION EMPATHY ACTIVITY

Materials:

3-4 pairs of sunglasses
3-4 books
1 container of vaseline
Cotton balls or ear plugs
Bag of rice

Groups of students engage in an activity as outlined in each of the stations:

Station One: Poor Eyesight

- Students rub vaseline on each pair of sunglasses in order to obstruct vision
- Students take turns putting the sunglasses on and trying to read from a book

Station Two: Hearing Loss

- Students place cotton balls or ear plugs in their ears
- Students play a game of telephone. The beginner records what they originally said and what the last person said.

Station Three: Aches and Pains

- Students place a handful of rice in each of their shoes
- Students attempt to walk across the room wearing the rice-filled shoes

As they struggle to complete these 'simple' tasks, students are asked to think about living with physical challenges. Each group reflects on their experience and creates a list of the ways in which they value elders in their community.

Discussion: One presenter from each group shares the highlights from the small group discussions.

Closing: Students write a letter to an elder expressing their appreciation for their contributions to the wellbeing of their community.

¹ Source: [SEL Resource Hub](#)

This activity was adopted from [Activity Empathy- working with senior citizens.docx](#)

SEL in Action award recipients shared many of these reusable resources here in the hopes that other educators—folks like you—can use them to deepen and extend SEL in more schools and districts across the country.