**Through your Friends’ Eyes**

*Empathy is a learned skill and it is one of the most critical in order to grow and sustain healthy relationships. In seventh and eighth grade, friendships are becoming a focus. This activity offers invaluable practice!*

**Time**

15-20 minutes

**Participants**

Seventh and Eighth Graders, Parents, Family Members

**Materials**

Your choice of favorite art supplies**.**

**Directions:**

1. Pick a time when your family is together - perhaps, driving in the car or sitting down to dinner. Have your student name one friend that all in your family know.
2. Now consider the following scenario: *Your teacher announced that she was letting you out of class for the whole period on Friday as a reward for good behavior. But today, two students got into trouble during class and she removed that privilege. Some students feel it’s fair. Some feel it’s unfair.*
3. Go around to each family member and share what you think your friend would say about the situation. How would they feel? How much would they say about it?
4. Now consider: how would you feel? Would it be the same, similar or different from your friend? How do you know?

**Reflection**

What parts of the process were easy?

Was taking another person’s perspective challenging? Why?

How can you know you are understanding another person’s perspective?

What social and emotional skills do you feel were used while doing this activity?

**Social and Emotional Skill**

***Social Awareness:*** *empathy, perspective-taking*

***Relationship Skills:***practice collaborating, communicating with and listening to others