



Activity 4

Empathy v. Sympathy Video

Objective:

- Understand the difference between empathy and sympathy in our interactions.

Materials:

- Video: <https://www.youtube.com/watch?v=1Ewgu369Jw>

Steps:

1. Begin with Dr. Brené Brown's quote: "Empathy fuels connection and sympathy drives disconnection."
2. Before watching the video, ask participants to write on a sticky note what they think sympathy and empathy each mean and place their note on chart paper (or use an online tool like Mentimeter).
3. Watch the video together.
4. Discuss:
 - Were there any "aha!" moments?
 - Were you correct in your initial definitions of sympathy and empathy?
 - How can this help us in our work with students?