

I See Me!

An Empathy Activity for Young Learners



I See Me: Finding Yourself in the World Around You

An Empathy Exercise for Young Learners and Their Grown-Ups

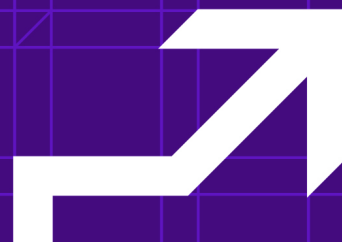
Part of learning how to show empathy is believing in yourself and others. Learning to believe in yourself comes from finding parts of who you are in the world around you. This activity will help to build confidence and self-esteem and allow you to find parts of yourself in those around you. Seeing yourself in others will help build empathy for others.

You are one of a kind. You are special and wonderful. From the freckles on your nose to the dimples in your cheeks to the tight curls on your head. You bring so much to this world and we are better because you are here. Sometimes we worry if we are enough and we search for ourselves in the world to be reminded that even though we are unique, we belong. You belong in this world. Each of us brings something beautiful to the world.

This activity is designed to remind you that you belong. In fact, we all belong in this world.

Can you think of a character in a book, movie, tv show, musical, or song that reminds you of yourself? Write the name of that character below:

I See Me!



Now, draw a picture of that character in the space below. Or, with the help of an adult, find a picture of the character online, and print it out and paste it in the space below.

When your picture is done, write all the characteristics, or adjectives that describe that character, that also describe you in the space around your drawing.

I See Me!



Reflection

Was it easy to find someone or something that reminded you of yourself?

How does it feel to see elements of yourself out in the world?

How can you help others to find elements of themselves around them?
