

Empathy Obstacle Course

“Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another.” Anonymous



Description: Learn about empathy and be creative as you build your own empathy obstacle course! Fun for all ages.

Time to Complete: 25-40 minutes

Supplies Level: Light

Tags: K-2nd, 3rd – 5th, Empathy, Curiosity, Developing Character

Step 1: Gather your supplies – scissors, sharpie, masking or painter’s tape, construction paper

Step 2: Make your feet and speech bubbles using the last two pages of this document.

Step 3: Be creative and plan out your obstacle course in the following order:

1. Hopping Bubbles – Lay out the bubbles so you have to hop with two feet from one to the next.
2. Feet Balance Steps – Place feet prints on the ground, so you have to take big steps.
3. Your Choice – Consider a ball roll, couch climb, stair run, or any other fun obstacle that you can think of that is safe and fun!
4. Empathy Ladder – Place nine pieces of tape out like rungs on a ladder and write the following (one word per rung): What – would – you-do – if – your – friend - fell-down?
5. Plank Hand Walk – Put a piece of tape about 4 feet long down on the ground and write across the tape – I would imagine what my friend felt like.
6. Your Choice – Be creative and do one last obstacle.

Step 4: Do your obstacle course saying all of the empathy words on your bubbles, feet, ladder, and plank tape out-loud. On the ladder, either use high-knee stepping or walk on your hands and feet like you were going up a real ladder. On the plank hand walk you should be in a plank looking at the words on the tape and “walking” by moving your hands and feet. On the last obstacle yell out, “Today, I learned about empathy” as you do it!

We’d love to know what you thought of this project!

*Submit an online review on this project’s Inside Out Club @Home page and
Send a picture to info@insideoutclub.org if we can share it on social media/in newsletters*

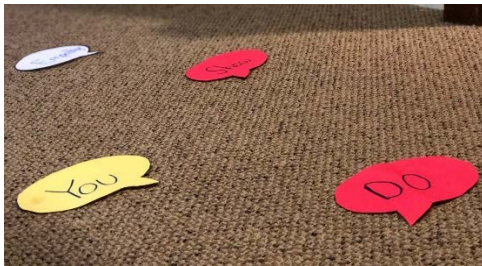


Empathy Obstacle Course Examples

Supplies



Obstacle #1 – Hopping Bubbles

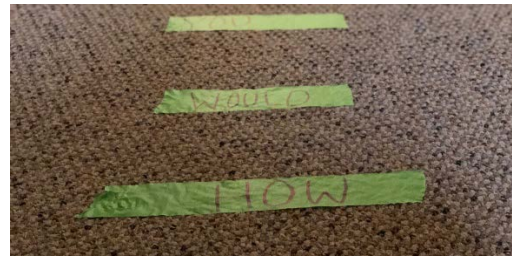


Obstacle #2 – Feel Balance Steps



Obstacle #3 – Your Choice

Obstacle #4 – Empathy Ladder



Obstacle #5 – Plank Hand Walk



Obstacle #6 – Your Choice

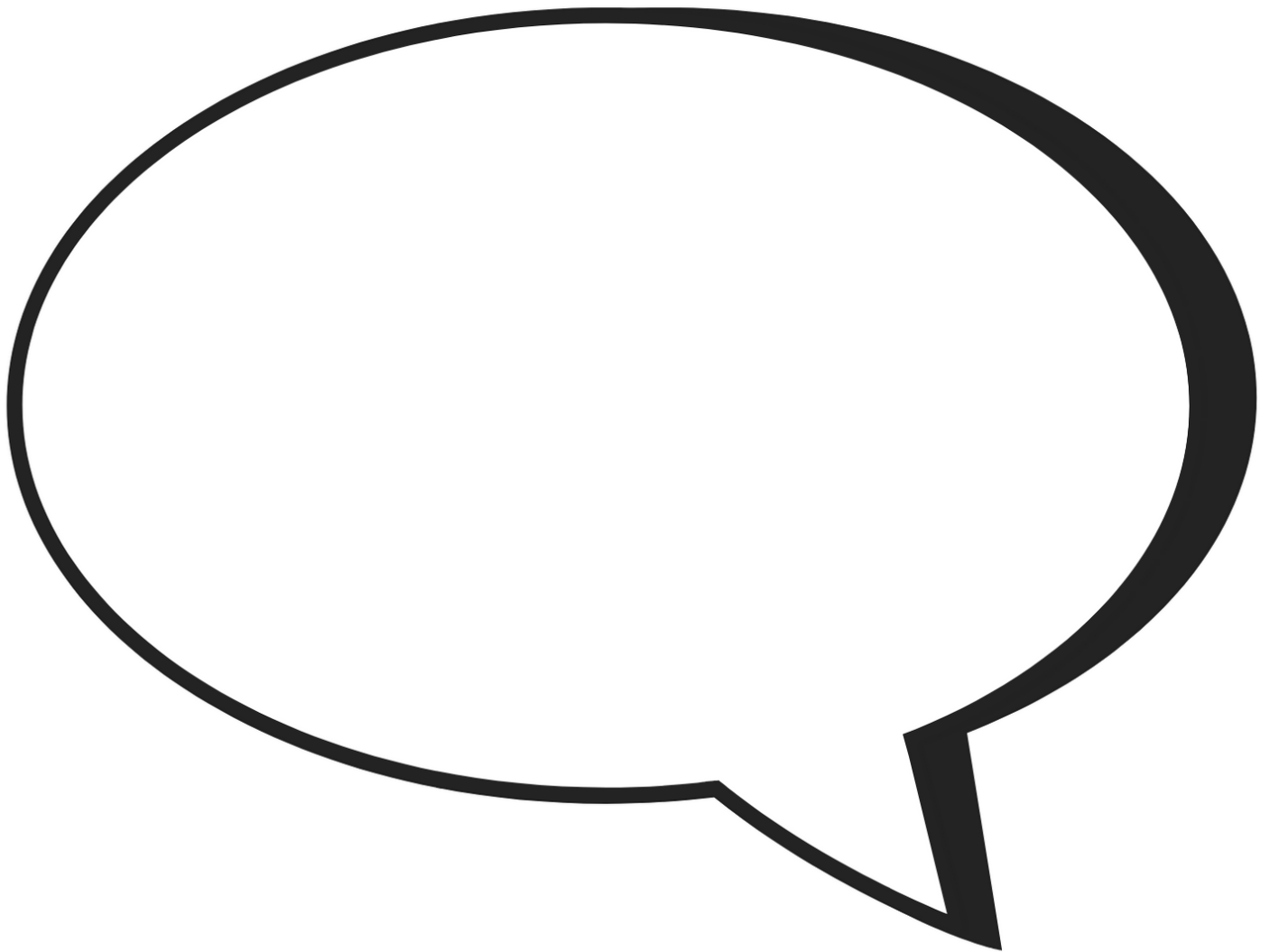
Yell out “today, I learned about empathy!” as you finish!

Notes: You can tape down your bubbles and feet, so they don’t slide. Make an outside version by using chalk to make the bubbles, feet and ladder. If you do this, you can convert the plank to hopscotch squares or hop on one foot next to the words. Have fun with it and be creative!

Empathy Obstacle Course Bubbles Template

Cut out five of the speech bubble below using construction paper. Write the following on the bubbles-

1. How 2. do 3. you 4. show 5. empathy?



Empathy Obstacle Course Feet Template

Cut out four sets of the individual feet below using construction paper, so you have eight feet total. Write the following on the feet in large letters -

1. Share someone's
2. feelings
3. Imagine what
4. he or she feels
5. Do not
6. judge
7. Speak with
8. love

