

# Yo soy tú

## Introducción

La actividad está diseñada para desarrollar la capacidad de empatía de los estudiantes. Esto se consigue pidiéndoles que se pongan en el lugar de otro estudiante de la clase y que escriban sobre las preferencias, gustos y disgustos de esa persona.



Esta actividad se puede adaptar fácilmente a clases de menor o mayor nivel cambiando la complejidad de las afirmaciones.

**Referencia de duración del seminario web:** 27:00 – 29:46

**Nivel:** Cualquier edad, a partir del nivel A2+

**Duración:** De 15 a 30 minutos

**Objetivo:** Ayudar a los estudiantes a conocerse mejor y a practicar la empatía.

## Preparation:

- Make copies of the worksheet for each student, or give them a digital copy.

## Procedure

- Tell the students they are going to try to imagine they are a different person.
- Give them the name of another student in the class.
- Now give the students a copy of the activity sheet.
- Tell them to imagine they are the other person and complete the sheet.

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- They should do this in silence.
- Once they have completed the sheet, put the students into pairs and ask them to tell the other person what they put, and ask them what the real answer should be.
- Once the students have finished, ask them to share something they learned about their partner.
- If they enjoy this, they can repeat it with another partner, or they can complete the sentences about you and then find out more about you.

### Materials:

#### I am you

I like the colour... because ...  
My favourite time of the day is ...  
When I first started school, I used to ...  
I enjoy ...  
I really dislike ...  
The music I like best is ...  
I sometimes worry about ...  
My biggest fear is ...  
My ambition is ...  
I like people who ...  
People like me because ...

### Additional resources

#### Teacher educator self-awareness: Empathy

- In this article, Tessa Woodward explores the idea of empathy as a feature of self-awareness, what it is and why it is important in our work.

<https://www.teachingenglish.org.uk/article/teacher-educator-self-awareness-empathy>

### **Picture-books to spark empathy and social justice actions**

- Watch a recording of this webinar with David Valente looking at how picture-books can encourage empathy and social justice with young learners.

<https://www.teachingenglish.org.uk/article/picturebooks-spark-empathy-and-social-justice-actions>

### **10 Activities to develop students' empathy through visual narrative**

- In this article, Nik Peachey shares a few simple activities that we can use with visual narrative to encourage students to put themselves into the lives, minds and feelings of others and to see beyond the surface appearance.

<https://peacheypublications.com/10-activities-to-develop-students-empathy-through-visual-narrative>