Empathy Characters

1. Choose a moment in a story. How do you think the character might be feeling?
2. Discuss the different feelings the character has with a partner. The emotions list below might help you.
3. Remember – they may feel many different things at once, how many emotions words can you use to describe how they feel?

Sad	Miserable	Unhappy	Depressed	Gloomy
Glum	Heartbroken	Sorrowful	Melancholy	Dejected
Happy	Joyful	Cheerful	Thrilled	Ecstatic
Jubilant	Pleased	Delighted	Elated	Merry
Angry	Annoyed	Furious	Irritated	Enraged
Irate	Cross	Incensed	Infuriated	Outraged
Sorry	Regretful	Apologetic	Hurt	Hopeless
Scared	Worried	Anxious	Petrified	Frightened
Envious	Jealous	Resentful	Possessive	Begrudging
Surprised	Uncertain	Shocked	Amazed	Confused
Shy	Hesitant	Embarrassed	Unassertive	Timid
Curious	Puzzled	Thoughtful	Inquisitive	interested

4. Next, stand in a circle with your group. One person stands inside the circle to represent the character chosen.

- Each person around the circle takes a turn – what do you wish to say to the character now you have identified their feelings? You might say words of comfort, celebration, encouragement, or reassurance.
- The person in the middle of the circle can respond as the character, or simply listen.

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