

# Leadership takes empathy

*“Do not judge your neighbour until you walk two moons in his moccasins”*

*(NORTHERN CHEYENNE)*

*by Sarah Ward*

## **GUESS MY FEELING**

One girl in the patrol is chosen to be ‘it’. The other girls all think of a feeling and make the face that goes with that feeling. The girl who is ‘it’ has to guess what feelings are being shown. Take turns being ‘it’ until everyone has had a turn. This can then be done by body language instead of just faces.

## **HOW WOULD YOU FEEL?**

The girls in the patrol take turns to explain how they would feel in a given situation – this is an important communication/listening exercise. Possible situations could include:

- ❖ You were sure you’d be elected captain of the team, because you asked everyone what they were voting, but you didn’t win and you know some of the team lied to you about who they were voting for.
- ❖ You were told by a girl in class that she’d invite you to her party, but her mother has told her she can only invite ten people and you are not one of the ten she has chosen.
- ❖ The girl you thought was one of your best friends has written a really nasty note to you, calling you names and such but you know she has misunderstood the situation and you are sure that another girl has purposely twisted what happened to make you look bad.

Situations can now be changed and re-discussed by adding more information: e.g. *You realize that it wasn’t just the team who got a vote on captain, it was the whole class, You find out that girl’s mother just got put out of a job and can’t really afford the party at all, Someone tells you that in fact the other girl tried hard to explain the situation to your ‘best friend’ but she didn’t want to listen etc.*

## **ACT IT OUT**

Two girls in the patrol are given a situation to act out. The other girls in the patrol make suggestions as to how the situation could be better handled. Take turns until all the girls in the patrol have had a turn acting out a situation. Situations could include:

- ❖ Your best friend ‘borrowed’ your mp3 player (that you’d bought with the money you earned mowing lawns) because she left hers (that her mother bought her ‘cos they’re rich) at home and she’s just dropped it in the swimming pool.
- ❖ You have just twisted your ankle (and you were going away to play in a softball tournament in Airlie Beach – so you won’t be able to go) in a hole that your next door neighbour’s dog (which she rescued from RSPCA as a problem stray) has dug in your back yard.
- ❖ Your sister recorded over a video/DVD (because she needed to record a program for school and there wasn’t another video/DVD in the house) that had “*Hairspray*” (your favourite movie of all time – substitute name if required!) recorded on it.

## **FEEDBACK**

- Do you find it easy or hard to imagine how the others felt?
- Would you feel and act the same way if the people in the situations were really you?
- Do you think it is easier to understand situations if you are not really involved?
- If so, how could you use this information to deal with these situations if they did involve you in real life?
- Did you find this useful in helping you handle situations in your own life?