<table>
<tr><td>Name: "Empathy Reflection Painting/Drawing"</td><td colspan="2">Objective: Development of social skills- Empathy, encouraging students to reflect on personal experiences and understand others' emotions, fostering empathy through art, enhancing their ability to respond empathetically in real-life interactions.</td></tr>
<tr><td>Time and nº of sessions:

1h, 2 sessions</td><td>Type/social agents:

The teacher, as activity guide and moderator.

Students</td><td>Material: Pen, colours and paper or a digital device.</td></tr>
<tr><td colspan="3">Development:

This activity encourages students to engage in self-reflection and emotional expression through art.

The students begin by recalling a personal situation where they experienced a strong emotion, such as happiness, sadness, or frustration on a sketchbook.

Then they consider how others involved in the situation might have felt, fostering an understanding of multiple perspectives. After reflecting, the students use drawing or painting to express these emotions visually.

To guide the reflection, the students may answer questions such as: "How did you feel? How do you think others felt? How could the situation have been handled differently?"</td></tr>
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Once finished, the students review their artwork and reflect on how recognizing emotions in themselves and others can help them respond empathetically in real-life interactions.

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