Name: "Perspective-Taking Practice"	Objective: To develop social skills by fostering empathy, encouraging teachers and parents to understand adolescents' emotions and respond empathetically in challenging situations.	
Time and nº of sessions: 30 minutes, 1 session	Type/social agents: Teachers/parents (group)	Material: Pen and paper or digitals apps, examples of empathy.

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Development: Teachers/parents reflect on an interaction with an adolescent, identify underlying emotions, and consider empathetic responses. They can use real or fictional examples of empathy to illustrate their points.

Examples: Participants start by discussing real or fictional examples of empathy. This helps set the stage for the activity and provides concrete illustrations of empathetic behavior.

Reflection: Participants think about a past interaction with an adolescent where they identified underlying emotions and responded empathetically. Prompts to guide their reflection: ● What was the situation? ● What emotions did the adolescent express? ● How did you respond? ● How did your empathetic response impact the adolescent?

Sharing: Participants share their experiences with the group. This can be done in pairs or small groups to foster a supportive environment. Sharing helps participants learn from each other's experiences and gain new perspectives. They can also share real or fictional examples of empathy to enrich the discussion.

Future Planning: Participants consider how they can model empathy for adolescents in future interactions. Prompts: ● What situations might require empathy? ● How can you prepare to respond empathetically? ● How can you support adolescents in developing empathy?

Conclusion: Wrap up the activity by summarizing key points and emphasizing the importance of ongoing reflection and modeling. Participants continue practicing empathy in their daily lives.

This activity helps teachers/parents reflect on their own experiences and plan how to model empathy for adolescents, fostering a supportive and understanding environment.

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