

## Practicing Empathy Together Reflection

“We do not learn from experience...  
we learn from reflecting on experience.” – John Dewey

As reflection is an important part of the learning process, it's important to allow students the opportunity to think critically about their experience. These reflection questions aim to help students to create meaning from their participation in the Practicing Empathy Together Pledge and to further consolidate their ideas on kindness and empathy.

Student responses can be journal entries, class, or small group discussions. Reflection can also take the form of art, music, poetry, dance, photography, and writings.

### Reflection Questions

- How did practicing empathy make you feel?
- What was especially satisfying about doing the pledge?
- Did you find anything frustrating? What was it?
- Did you find the pledge easy or difficult? Explain.
- Did you notice other people being kind? What happened?
- Do you think that small acts of kindness make a difference? Why or why not?
- What do you think the world would be like if everyone practiced empathy?
- What is one thing that you learned from this experience?

