



Activity 37

Spiritual Development:

Empathy Bracelets

To explore others feelings and attitudes.

You will need – Thread, wool, variety of beads, scissors, pens and felt tips.

Activity – With a friend or in a small group, discuss the different ways we can describe people e.g. happy, bubbly, compassionate, sad, gentle, shy, loud, brave, tough, vulnerable etc. Take all the beads and choose a bead to represent a different sort of person. Think carefully which beads represent which people. When you have decided use the thread to make your bracelet. Once you have made your bracelet place it on some paper and label each bead and photograph your finished piece. Now discuss your bracelet with a friend or in a small group and why you have chosen each bead. Think about each bead, each person and how it must feel to be happy, bubbly, compassionate, sad, gentle, shy, loud, brave, tough, vulnerable etc.

