

# **SESSION 5 — Building Empathy & Social Awareness**

 **Duration: 12–14 Hours**

## **Concepts Covered**

- What is empathy? (Cognitive, Emotional & Compassionate empathy)
- Reading emotional cues
- Understanding other perspectives
- Human needs & emotional drivers

## **Hands-On Activities**

- **Partner-based empathy drill**
- **Perspective-shifting practice**
- **Non-verbal cue identification videos**
- **Empathy mapping workshop**

## **Outcomes**

- Improve ability to read emotions in others
- Strengthen emotional connections