

Lesson: Seasick with Empathy

Verizon Innovative Learning Lab Program

Name: _____

Date: _____

Class Period: _____

Instructions: Complete the steps below and submit this worksheet to your teacher.

Switching Homes

In this activity, we will **pretend** that you and your partner will switch homes and families for three weeks.

- **How would you feel about this?**
- **What would you need to survive?**

OBJECTIVE: Your job is to use your Empathy Phase skills to learn what your partner might need so they can live successfully at your home for three weeks.

Part 1 Writing Interview Questions

- Write 5 interview questions to learn about your partner's needs.
 - Make questions open-ended so your partner can tell you more.
 - Consider eating, sleeping, cleaning clothes, and getting to school.
- 1) How do you get ready for a school day?
 - 2) How do you like to relax in the evening? TikTok? Call of Duty?
 - 3) (Type your question)
 - 4) (Type your question)
 - 5) (Type your question)

Part 2 Interviewing Your Partner

- Ask your partner your questions.
- Listen and observe their actions.

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- Use the Chart in **Part 3** below to write a small note for every answer.
- Feel free to ask a follow-up question not listed.

Part 3 Record on Your Empathy Map

Record your results in an Empathy Map. Fill in the quadrants in order:

- 1) What does your partner Say? Quote as much as possible.
- 2) What does your partner Do? Joke? Eyeball? Sigh?
- 3) What does your partner Think? What are their values?
- 4) What does your partner Feel? How might you feel if you were them?

Says	Thinks	Does	Feels

Part 4 Problem Statement

Write the problem statement for your End-User by filling in the blanks below.

Our End-User, (partner's name) , needs help changing (some quality in their lives) because they are affected by (Living in a new home for three weeks will do what for them?) .

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Optional Challenge: Tips to Survive at Your Home

Now that you know your partner's needs, you know how to help them! As the expert on your home, you can help your partner get what they need. Examples include...

- How to make annoying brothers & sisters go away.
- Where to find a phone charger or toothbrush.
- Does someone depend on you for something?
- What can you do for fun?
- Where are the snacks, and what's not allowed?

Write your tips here:

- 1) (tip)
- 2) (tip)
- 3) (tip)