

Compassion at the soccer field

Summary

During this activity, participants are invited to imagine themselves in a situation in which compassionate communication can be used to experience more empathy towards others.

Aims

- Thinking of ways to react in a compassionate way to displays of aggression;
- Experiencing the effect it has on the empathy felt for others.

Participants

Adults

Method

Filling-in exercise

Keywords

Empathic resonance

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Description

Think of a compassionate reaction for each of the involved people during a conflict and see what kind of effect that has on your own feelings of empathy.

Material

Pen and paper

Handout

[yes](#)

Category: Communication, Group size: Individual, Duration: 30 min

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