

# Empathy

Exploring empathy through the life of  
Mary Seacole



# Empathy and Mary Seacole



Click on the sound bar to play Mary Seacole's story



Mary Seacole was born in 1805 to a Scottish father and a Creole mother.

From a young age, she put herself in the shoes of other people, imagining what they were thinking and feeling.

Then she took action!



# Empathy and Mary Seacole



Mary Seacole travelled independently from Jamaica to Britain and then onto the Crimean war, in her endeavour to help the soldiers at battle.

*“And as often as the bad news came, I thought it my duty to ride up to the hut and do my woman’s work. But I felt it deeply. **How could it be otherwise**”?*

What does this tell us of her empathy?



# Empathy in Life



One aspect of empathy is learning to listen – this is harder than we think.

Reflect: What do we gain when we fully listen to a person?

How do we actively listen? What do we do?





# Empathy in Life



Practise radical listening with someone at home. Take it in turns and each speak for one minute about the thing you love doing most – look into each other's eyes.

Keep talking and keep listening! Change roles then feedback on what was said – did you listen enough?

It's hard to listen, but it's a form of self-mastery and will help in EVERY thing you do in life – practise today!



# Time for REFLECTION



Answer the following questions in your **Character at Home Passport**.

## 3-2-1 Character Reflection

3

List 3 interesting facts about the Character Value. you have explored

- 1.
- 2.
- 3.

2

Explain in 2 sentences why the Character Value explored is important to help you flourish.

- 1.
- 2.

1

What is 1 way you could apply the Character Value explored to change your world (home, community, school, country)?

- 1.

