Art4Wellbeing

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# Session 3

## Empathy: Seeing Through Another Lens

Exploring how others see, and practising curiosity and respectful listening through photography.

### Art Form Used in This Session

**Photography**
(smartphone photos, paper frames)

### Main Objective

- Build empathy by seeing through other viewpoints
- Separate observation from assumption
- Practise curiosity and respectful listening
- Build connection within the group

### Target Group

Young people (14–30)
Adaptable for diverse groups

### Total Duration

90 minutes

### Materials (overall)

- Smartphones / paper frames
- Image cards, photos
- Everyday objects (1 per group)
- Perspective cards, handouts
- Post-its, pens, tape
- Wall or tables for the gallery

| Time | Activity & Title | Purpose | Instructions (Key Steps) | Facilitator Prompts |
|---|---|---|---|---|
| 10 min | 3.1 **Finger Frames**<br>Warm-up<br> | • Focus attention and arrive in the room<br>• Introduce the idea of a "frame"<br>• Notice that we all look from different places | 1. Stand in a circle and breathe together.<br>2. Make a finger frame and silently choose one small detail in the room.<br>3. In pairs, compare what each of you framed in one sentence.<br>4. Complete: "Today I look at the world with … eyes." | • "Choose one detail that catches your eye – not the most impressive, just the one that calls you."<br>• "Did your partner choose the same thing?"<br>• "There is no right answer." |
| 15 min | 3.2 **Seen / Imagined / Can't Know**<br>Visual Bridge<br> | • Separate observation from assumption<br>• Practise curiosity instead of certainty<br>• Notice what we cannot know without asking | 1. Choose an image card that makes you curious.<br>2. Fill in three columns: I see / I imagine / I can't know.<br>3. Share with a partner and compare your columns.<br>4. Volunteers share one "I can't know". | • "First write only what you can see."<br>• "Then write what you imagine."<br>• "What would you have to ask to know?" |
| 35 min | 3.3 **Same Frame, Different Eyes**<br>Main Photo Activity<br> | • Discover how viewpoint changes a photo<br>• Imagine the world through another's eyes<br>• Practise empathy without disclosing | 1. In groups, photograph one object from a chosen point of view (angle, distance, light). Others guess "whose eyes?"<br>2. Pick a perspective card and take up to 3 photos through those eyes.<br>3. Choose one photo, add a title and place it in the gallery. | • "What would this person notice? What would they overlook?"<br>• "Photograph objects and details – faces are not needed."<br>• "You cannot know how someone feels; look with curiosity." |
| 20 min | 3.4 **Silent Gallery & Empathy Echo**<br>Supportive Sharing<br> | • Be seen with curiosity, not judgement<br>• Practise listening without interpreting<br>• Reflect back what we notice | 1. Walk silently; leave post-its: "I see…" / "I wonder…" / "Thank you for showing…"<br>2. In groups of three, reveal your perspective and share what you tried to notice.<br>3. Listeners reflect: "I heard… I noticed…" and check: "Is this close?" | • "We are showing that we looked and listened."<br>• "If your guess is wrong, that is how empathy works: guess, check, learn."<br>• "Is this close to what you meant?" |
| 10 min | 3.5 **Session Evaluation & Closing**<br>Carrying Empathy Forward<br> | • Reflect on safety and what we noticed<br>• Name what we take away<br>• Close in a contained, positive way | 1. Rate how safe it felt to share, 1–10, with fingers.<br>2. Share: "Today I looked differently at…" or "Empathy is like…"<br>3. End with a finger-frame gesture and one word. | • "How safe did it feel to share your photo today?"<br>• "What did your 'I can't know' column teach you?"<br>• "Take one word, photo or sentence with you." |

### Facilitator Tips

- Create a safe, inclusive and non-judgmental space.
- Never photograph people without a clear yes.
- Do not interpret photos – meaning belongs to the photographer.
- Offer choices: paper frames, image cards, passing.
- Use situation-based perspectives, not identities.

### Key Messages for Participants

- Where we look from changes what we see.
- Seeing is not the same as knowing.
- Curiosity opens the door to empathy.
- Every perspective has value.

### Follow-up (Optional)

- Invite participants to take one photo this week from someone else's point of view.
- Encourage them to notice what they usually overlook.