

# Perspective Taking



# Perspective Taking



Use E-Therapy's activity in your remote or in-person session to target a variety of goals or simply use a reinforcing activity allowing students the opportunity to interact with items on the screen.

## Directions:

- Ask students to identify the feelings associated with each facial expression in the photos. If the expression is unfamiliar, talk about each, calling attention to the shape and openness of the eyes and mouth, shape of the mouth (upward or downward facing). Model the facial expressions for the students.
  - As you discuss each, you can ask the students about something that may have happened to cause each person to show that emotion.
  - Have students take turns making that expression. Have a mirror handy so each student can see himself/herself mimicking the expression. Then, have them tell about a time when they may have felt that way.
  - Have students generate a sentence describing the facial expression.
- Ask students to name any other emotions that were not shared in this activity. See if the students can model what the emotions would look like (i.e., facial expressions.)

Taking perspective means understanding what other people feel. "Putting yourself in someone else's shoes" is an expression that means the same thing.

For example, if you see someone that has lost a pet and the person is crying, can you understand and feel sadness for what that person is going through? Would you feel the same way if you lost a pet? If you haven't experienced that, then it may be hard to completely understand, but seeing the person crying helps you understand that the person is upset and/or sad about something.

If you knew this person, would you go give them a hug? Would you help them look for the pet? If so, you are showing "empathy." You understand what the other person is feeling and want to do something to help.

Let's practice perspective taking by looking at some photos of faces. There are no right or wrong answers because we don't know what is happening in each photo. You will have to use clues to try to answer the questions on each slide.



Can you guess what this baby is thinking? Think about the following things:

1. Where is the baby?
2. What is happening in the picture?
3. Look at the baby's eyes and mouth.
  - a. How is that baby feeling?
  - b. How can you tell?
4. When would you make a face like that?



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What if I told you that this baby is sitting in a dirty diaper.

What do you think the baby is feeling right now?

Look at her face.  
What is she thinking?  
We don't know the answer, so what would you guess?



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What if I told you that this baby had his toy taken away?

What do you think the baby is feeling right now?

Look at his face.

What is he thinking?

We don't know the answer, so what would you guess?

Have you ever made a face like this? Why?



What about this baby?

What do you think this baby is thinking and feeling?

Where is this baby? Do we know?

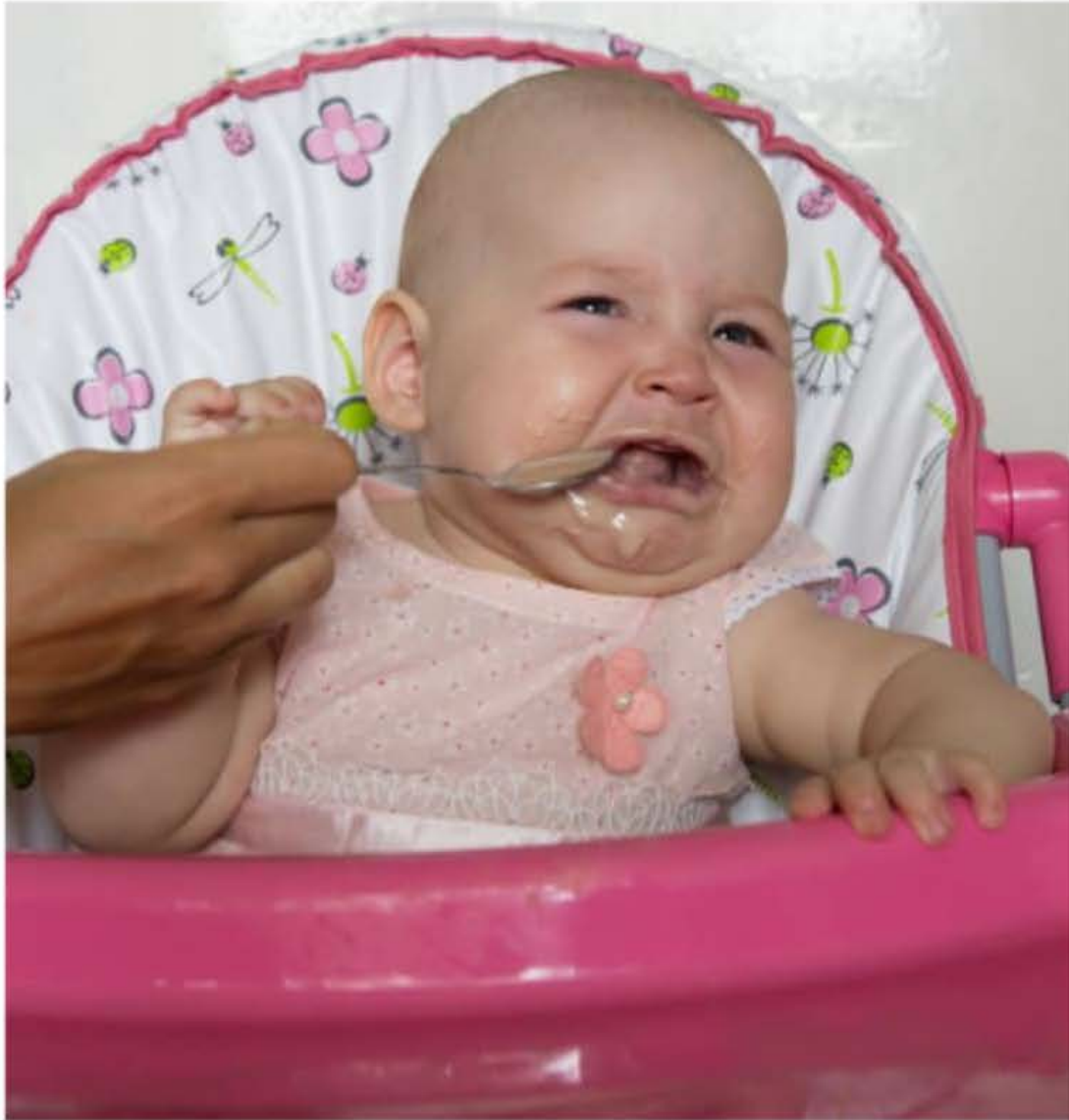
Why would the baby's mouth pucker up like that?

Have you ever made this face? Why?



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  - b. How can you tell?
4. When would you make a face like that?



I bet you can tell what is happening here.

How is this baby feeling? How can you tell (what is happening)?

I bet you have felt like this baby. When have you made a face like this?



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3. Look at the baby's eyes and mouth.
  - a. How is that baby feeling?
  - b. How can you tell?
4. When would you make a face like that?



Can you guess what this baby is thinking? This one is a little harder because we don't know where the baby is or what the baby is looking at.

1. Look at the baby's eyes and mouth.
  - a. How is that baby feeling?
  - b. How can you tell?
2. When would you make a face like that?



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1. Where is the baby?
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Warmly,  
OWLbert

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