**Teacher Notes: Empathy and Understanding Limb Loss**

1. **Do the single handed activity (5-15 minutes including discussion)**

notes for this activity:

**Be prepared:** Paper (A3 size works best), scissors, tape and small things to wrap (one per student).

**Activity:** As it says on the sheet, wrap something up single-handed. To do this activity you will need small items to wrap, one for each student, scissors and tape.

Student puts one hand behind back and performs wrapping activity with other hand. (if left handed use left hand). The aim of this activity is to get students thinking about the challenges of everyday tasks if approached using one hand. However, importantly, these tasks are achievable with a bit of ingenuity and thinking through. An important message here is that the disability does not stop something being achievable, it just alters the approach taken to achieve it.

1. **Watch 3 videos (20- 30 minutes including time for discussion)**

**Be prepared:** access to the 3 videos Charlotte, Liz and Jon-Allan’s stories and **Empathy activity 1** fill in sheet (1 per student), pencils or pens to write on activity sheet with.

**Activity:** Play each of the YouTube videos; at the end of each video give students to make notes. After watching all 3 videos there is a good opportunity to compare how each of the people featured feels about their situation of limb loss (this is important as they each feel different).

**Tip** this activity seems to work best if either Charlotte or Liz’s films are shown first and Jon-Allan’s last.

Charlotte's story <https://youtu.be/_p5oUn_D76w>

Liz's story <https://youtu.be/dEH-Cgdg4Zw>

Jon-Allan: <https://youtu.be/l-g6NKafzMc>

1. **play the game (15-25 minutes)**

**Be prepared: Empathy Activity 2** sheets (the playing board sheet should be printed on A3, other sheets on A4), access to scissors to cut up playing cards, stuff to write with.

**Activity:** Follow the instructions to play the consequence game. Works best in groups of 4, can be played in pairs. The aim of this game is to demonstrate that an action has consequences to it; in turn, each of these consequences can have further consequences to them. Once again, the game can be used to generate purposeful discussion.

1. **Do the activity (40-60 minutes)**

**Be prepared: Empathy Activity 3** sheets and either access to a sound recording device to make a podcast, or poster-making materials.

**Activity:** following the instructions to make a set of desired learning rules for use within school. Working in groups as per activity 2.