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Connecting the dots . . . with Empathy Canvas

Q1) Who are we Empathizing with?

Let's dive into the life of your character! As you play or reflect on their journey, think about the person you're connecting with and fill out their story. Here's what to consider -

Country of Birth

Name and Gender

Financial Situation

Family Structure

Life's Journey

Are they wealthy, struggling, or somewhere in between? How financial situation shapes their path.



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Q2) What do they need to do?

As you explore your character's life, think about the actions they take to survive and thrive. Here's what to consider -

Survival Strategies

Key Decisions

Overcoming Obstacles

What are your character's main goals? Focus on how they secure basic needs like food, shelter, and healthcare.



Q3) What Do They See?

As you step into your character's world, think about what they experience

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Q3) What Do They See?

As you step into your character's world, think about what they experience in their surroundings. Here's what to consider -

Environment and Community

Wealth & Opportunity

Environmental Challenges

Do they face issues like natural disasters, poor infrastructure, or political instability?



Q4) What Do They Say?

As you reflect on your character, think about how they express

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Q4) What Do They Say?

As you reflect on your character, think about how they express themselves. Here's what to consider -

Expressions of Life and Hopes

Family & Aspirations

What do they say about their struggles, achievements, and future dreams?



Q5) What Do They Do?

As you explore your character's actions, think about their daily life and

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Q5) What Do They Do?

As you explore your character's actions, think about their daily life and survival efforts. Here's what to consider -

Daily Routine and Survival

Impact of Poverty

Balancing Needs



Q6) What Do They Hear?

As you think about what shapes your character's world, consider the

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Q6) What Do They Hear?

As you think about what shapes your character's world, consider the influences they listen to. Here's what to reflect on:

External Influences

Programs & Media

Discrimination

Do they hear discriminatory comments or face barriers based on gender, ethnicity, caste, or religion? How does this affect their opportunities and sense of belonging?



Q7) What Do They Think and Feel?

As you explore your character's inner world, consider their emotions and

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Q7) What Do They Think and Feel?

As you explore your character's inner world, consider their emotions and thoughts. Here's what to reflect on -

Inner Emotional World

Joy and Hope

Self-Perception



Pains

As you reflect on your character's struggles, think about the obstacles

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Pains

As you reflect on your character's struggles, think about the obstacles they face. Here's what to consider -

Challenges from the Ecosystem

Gender Discrimination

Cultural and Social Barriers

Emotional Toll

Did they face discrimination based on gender, religion, or caste? How do societal norms restrict their progress?



Gains

Reflect on how your character overcome their struggles and what they

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Gains

Reflect on how your character overcome their struggles and what they gained along the way. Here's what to consider -

Support Systems

Resilience

Success Stories

How did their inner strength and resilience help them push through barriers like poverty or gender inequality?



The empathy canvas helps us deeply understand a character's life by exploring their background, struggles, and emotional journey. By reflecting on their challenges and how they overcome them, we gain insight into their world, building a strong sense of empathy. It allows us to step into their shoes, understand their perspective, and connect with their experiences on a personal level.