

## 500 Years Ago Worksheet

This role play helps develop empathy by encouraging the speaker to use language suited to the listener, and for the listener to imagine themselves in another role.

The scenario provides a fun way to encourage the practice of empathy and can work equally well for young adults and an older age group.

The *500 years ago* worksheet includes six steps and can be used in group sessions:

1. Divide the group into pairs.
2. Person A is the speaker.  
They must describe a modern-day object (either one they have chosen or given to them).
3. Person B is the listener and guesser, from 500 years ago.  
They have no knowledge of the modern world and must listen carefully, considering what is being said.  
They can ask questions to help them guess but must frame them as though they are from a time without technology or the comforts of modern life.
4. For example, a cell phone could be the chosen word (or you could introduce the physical object) for describing.
5. Afterward, ask the speaker to describe how it felt to explain something to another person with a very different perspective.
6. Then ask the listener to explain what it was like to listen while being in the mind of someone other than themselves.

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