**Name** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child Development

Unit 2 Project

**Empathy Belly Journal**

The Empathy Belly is a weighted garment that will enable male and female wearers to temporarily “experience” more than 20 of the typical symptoms and effects of pregnancy. Through this hands-on, experimental-type of learning, wearers find out what it feels like to be pregnant, and gain a realistic understanding of the changes and demands imposed by the pregnant condition.

1. First, you will try to do various movements, positions, and activities and document

what the “experience” was like.

2. Then, you must write a summary of your experiences while wearing the empathy belly.

3. Finally, you will also have to interview a mother about her pregnancy experience. What a kind of symptoms did the mother experience? What was the birth like, etc?

 RUBRIC

 \_\_\_\_\_/10 Completed activities and a description of each experience

\_\_\_\_\_/5 A typed journal

\_\_\_\_\_/15 The journal includes a description of what the mother experiences in the

last trimester of pregnancy

\_\_\_\_\_/15 The journal includes your personal experiences while wearing the empathy

belly

\_\_\_\_\_/15 The journal includes how wearing the belly made you feel about pregnancy. What did your classmates think? What reactions did you receive from your peers?

\_\_\_\_\_/10 The journal includes suggestions on how to improve the Empathy Belly experience

 \_\_\_\_\_/5 The journal includes your interview with a mother who gave birth

 \_\_\_\_\_/20 The interview includes 10 open ended questions and the answers

**You should be creative, thoughtful, and very descriptive in your writing.**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_

Child Development

|  |  |
| --- | --- |
| A. Walk around |  |
| B. Observe your profile |  |
| C. Bend down and tie your shoes |  |
| D. Sit in a variety of chairs and sit at a desk or table |  |
| E. Pick up items thrown on the floor |  |
| F. Lie down on belly, back, and on your side |  |
| G. Position pillows for comfort during sleep |  |
| H. Roll over, and reposition pillows |  |
| I. Imagine your partner wants to make love! |  |
| J. Get up from the floor correctly |  |

Empathy Belly Journal

Write a summary of your experience for each activity while wearing

 Child Development

Empathy Belly Project: Pregnancy Interview Planning

1. Who will you interview?
2. List 10 open ended (not yes or no or one word answer) questions you want to ask this person about their pregnancy experience.