You will experience some of the symptoms and discomforts of being almost nine months pregnant while wearing the Empathy Belly Pregnancy Simulator. You will wear the empathy belly during class time—(part of one period). You are responsible to do regular learning activities while doing the empathy assignments.

DO AS MANY OF THE FOLLOWING ACTIVITIES AS YOU CAN DURING CLASS TIME IN THE FOLLOWING ORDER.

After experiencing some everyday tasks, reflect on the experience by answering the reflection questions. Answer the questions using complete sentences and/or paragraphs, including evidence/examples to support your conclusions.

_____ 1. Have your picture taken while wearing the Empathy Belly from various profile views. Study the pictures. Describe changes in your profile and posture. How does this make you feel about yourself?

_____ 2. Describe the noticeable physical discomforts caused by the additional weight.

_____ 3. Sit down in a student desk and try to be comfortable. What did you have to do to get comfortable?

_____ 4. You have a messy spouse and children. Pick up 10-20 items from the floor. How did this exertion impact you physically?

☐ My breathing was strained ☐ I was frustrated to have to clean up after others.
☐ I feel tired ☐ I would have liked help from others while picking up objects.

What were your feelings about the messy people in your family?

_____ 5. How did "being pregnant" change your physical ability to perform different tasks? Give examples.

_____ 6. How did you feel physically while wearing the empathy belly? How did it affect different parts of your body?
7. If you are wearing shoes that tie; untie, remove, replace and retie your shoes. If you are wearing slip-ons, take your shoes off and put them back on as you normally do. Explain how this process differed from your normal shoe routine.

8. Find the pillow(s) and blanket and lay down on a table to simulate sleeping in a bed. In what position were you most comfortable? Was it easy to find a comfortable position? Why or Why not?

9. What was the biggest discomfort or most uncomfortable aspect of wearing the empathy belly?

10. Which organs in the mother’s body are most affected by becoming pregnant?

11. How did you feel emotionally while wearing the empathy belly?

12. Describe how being “9 months pregnant” was similar or different than what you expected.

13. How would you feel if you had worn the empathy belly for 24 hours? One month?

14. How do you think others would treat you if you would have gone outside of our classroom with the empathy belly on?

15. *Explain* how you can use the empathy belly experience to help you with future decisions related to human development.