



EARTHE

Activity 2

Digital toolkit for innovative curriculum and methodological development

Module – Empathy and Resilience

Method – Action Research



Module 6 – Empathy & Resilience

Method 5 – Action Research

Soft skill focus

This method strengthens critical reflection, problem-solving, and resilience by engaging learners in small-scale research projects about their own experiences or communities. Through cycles of observation, action, and reflection, learners develop empathy for others' perspectives and adaptive strategies for managing challenges.

Learning outcomes

Define the basic steps of action research (observe, act, reflect, adapt).

Conduct a small reflective inquiry into a personal or group challenge.

Use empathy and evidence to analyse social or emotional issues.

Apply action research insights to strengthen resilience and improve communication in real contexts.

Target group

Age: Adults 20–60

Gender: Mixed

Level of studies: Secondary education and above (adaptable for low-literacy groups with simplified instructions)

Status: Employed, unemployed, or job-seeking

Fewer opportunities: Particularly suitable for adults under stress, migrants adapting to new contexts, or those experiencing anxiety, burnout, or lack of coping strategies.

Many learners face recurring challenges but lack structured ways to analyse and address them. Action research empowers them to study their own situation, test solutions, and learn from experience, reinforcing empathy, reflection, and resilience.

Method description

Action Research is a participatory method where learners become researchers of their own lives. By observing a challenge, taking action, and reflecting on the outcome, they strengthen self-awareness and problem-solving while considering the perspectives of others involved.

Implementation instructions

Timeline: 2–3 sessions of 60–90 minutes each (plus follow-up between sessions)

Number of participants: Individual projects with group sharing (8–20 learners)



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Necessary materials: Reflection journals, flipcharts, markers, research worksheets, optional digital tools (camera/phone, survey forms)

Space: Classroom for group sessions; learners also work independently in real-life settings

Implementation in 5 steps

Step 1 – Introduction to Action Research

Facilitator explains the cycle: *Observe* → *Act* → *Reflect* → *Adapt*. Group brainstorms examples (e.g., conflict at work, stress at home, communication gaps).

Step 2 – Identifying a Challenge

Learners select one small, real-life challenge (e.g., “I get nervous in interviews” or “conflict with a neighbour”). They write it down in their journals and describe why it matters.

Step 3 – Planning and Action

In pairs, learners brainstorm one action they could try to address the challenge. Example: practising mock interviews, trying active listening with a colleague, or introducing a calm-down routine. Learners commit to trying it in the coming week.

Step 4 – Reflection and Sharing

Learners return with notes: What happened? How did others react? How did I feel? Small groups share results and insights, highlighting where empathy and resilience played a role.

Step 5 – Adaptation and Next Steps

Facilitator encourages learners to refine their strategy based on reflection. Learners discuss how action research can be applied in other areas of life.

Practical tips

Tip 1: Keep the challenges simple and realistic—focus on manageable steps.

Tip 2: Encourage learners to record short daily notes to capture emotions and outcomes.

Tip 3: Emphasise that “failure” is still learning—reflection on why something didn’t work builds resilience.

Debriefing questions

1. What did you learn about yourself during the action research cycle?
2. How did empathy influence the way you approached the challenge?
3. How can you apply this reflective process in other areas of your life?

Practical description sheet

Title: Action Research

Purpose: To empower learners to investigate and improve their own challenges through structured reflection and action.

Duration: 2–3 sessions of 60–90 minutes each



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Format: Individual inquiry + group sharing

Core Steps: Introduction → Identify challenge → Plan & act → Reflect & share → Adapt

Materials: Journals, worksheets, flipcharts, optional digital tools

Target Group: Adults 20–60, especially those facing recurring challenges

Learning Outcomes: Define action research, conduct small inquiry, apply empathy and evidence, adapt strategies

Key Benefits: Builds resilience, fosters empathy, supports practical problem-solving