

**“EMPATHY BELLY PROJECT”  
Pregnancy Simulator**



Name : \_\_\_\_\_

Class: \_\_\_\_\_

Hour: \_\_\_\_\_

DATE PROJECT REPORT IS DUE : 1 week from simulation

**LAB ACTIVITIES:**

1. The teacher will place the lung restrictor on tight, place the metal balls up high in the belly, velcro the bladder pouch in place. Put the belly on and put the smock over it.

**CAUTION: IF AT ANY TIME YOU FEEL FAINT OR DIZZY PLEASE HAVE THE TEACHER REMOVE THE EMPATHY BELLY!**

2. Look at yourself in the full length mirror. What comments do you have about your protruding profile.

3. Talk about walking with the empathy belly in place.

4. Talk about bending and other movements (i.e. going to the restroom, getting lunch, sitting in desks).

1. Describe what happened when you put the belly on. What surprised you the most?
  
2. How did you feel about yourself when you had it on?
  
3. Describe what you felt or experienced during the simulation in each of the areas below:
  - a. Weight you felt:
  
  - b. Weight on bladder:
  
  - c. Pressure on lungs:
  
  - d. Change in your posture & center of gravity:
  
  - e. Fetal movement (movement of weights and/or water):
  
  - f. Breast enlargement and protruding profile:
  
4. What did you learn from this activity? Is it worth doing? How could it be improved?
  
5. What would you do differently?
  
6. What would you say to a teenager who wants to become pregnant? Why?

LAB ACTIVITY POINTS: \_\_\_\_\_  
(Completeness of comments, and use of proper safety  
WRITTEN ASSIGNMENT POINTS: \_\_\_\_\_