



PRACTICING EMPATHY

Have you ever felt sad and someone showed you that they cared? Have you ever felt excited and someone got excited with you? When someone shows you they understand and care about your feelings, they are showing you empathy. Empathy is a way to show others they are not alone. You can boost your empathy ability by paying attention to others and trying to understand their feelings.

Think of a time when you noticed and cared about the way someone else was feeling. It could be a family member, friend, teacher, pet, stranger, or whoever you want. Write down a few words about that time.



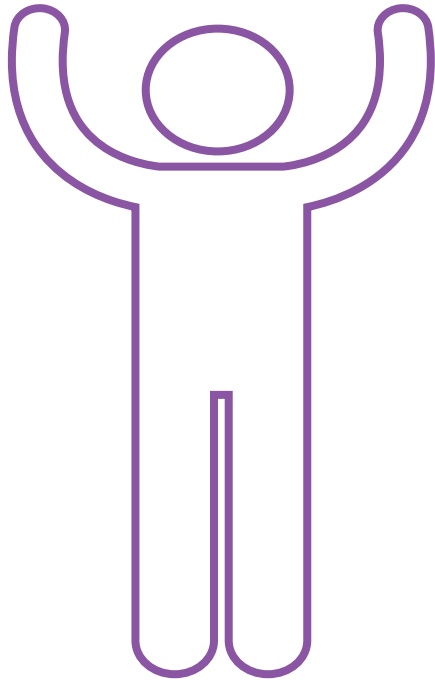
Try to remember what you noticed, how they felt, and how you felt. If you did something or wanted to do something to show that you cared, remember that too. Draw a picture of that time in the box below.



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What was it like to feel empathy? As you think about it, do you notice any sensations on the inside right now? Mark or label them on the image of the body below.



What clues can you pay attention to, to help you understand how someone else is feeling?



TODAY'S CHALLENGE

Who is someone you might show empathy to today? Write their name or names below. Pay close attention to what they may be feeling. If you're not sure how they're feeling, you can ask them. Next to their name, write down what they may be feeling.
