

Name: _____

Date: _____

How can I show empathy?

Empathy is the ability to understand and share the feelings of others. Empathy is just like any other skill: the more we practice it, the stronger it gets! For example, if you saw a little girl drop her icecream on the ground, you might feel empathy towards her because you could relate to her being sad. You might even feel sad for her as well.

Jaden got an amazing mark on his test.

How do you think Jaden feels? _____

How can you respond? _____

Elaina tripped and hurt her knee.

How do you think Elaina feels? _____

How can you respond? _____

Harry just shared that his cat died.

How do you think Harry feels? _____

How can you respond? _____

Dinah is turning 8 today. It's her birthday!

How do you think Dinah feels?

How can you respond?

The key to showing empathy is to be honest and thoughtful. If you can do this, you can understand and share the feelings of others.

