

Name _____

EMPATHY



The ability to understand, share, or identify with another person's feelings or experiences

RELATED WORDS:

compassion

responsiveness

concern

understanding

sympathy

unselfishness

care

consideration

LOOKS LIKE...

- Paying attention to the needs of others
- Listening with your **ears** – what is being said, and what tone is being used?
- Listening with your **eyes** – what is the person doing with his or her body while speaking?
- Listening with your **heart** – what do you think the other person feels?

SOUNDS LIKE...

- *What can I do?*
- *How can I support you?*
- *How did that make you feel?*
- *It sounds like you are feeling...*
- *What was the hardest part?*
- *What do you think?*
- *What can be done?*

1. **Yesterday you saw your neighbor trying to catch their dog who was running down the street. How does this person feel?**

How can you show empathy? Describe what you would do and say.

2. Your elderly neighbor was pushing their garbage can to the curb for pick up. You could tell it was heavy and they were struggling. How does this person feel?

How can you show empathy? Describe what you would do and say.

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3. It's field day at your school and your grade is having a relay race. The student running next to you fell in front of everyone. How does this person feel?

How can you show empathy? Describe what you would do and say.

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4. You were at an assembly and some students were singing solos. One of the microphones stopped working so no one could hear the singers. How do these people feel?

How can you show empathy? Describe what you would do and say.

5. Maya is upset because the Hindu holiday, Diwali, is this Sunday. She loves celebrating and watching fireworks with her family, but everyone but Maya is down with the flu so there will be no celebration. How does Maya feel?

How can you show empathy? Describe what you would do and say.

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6. You find out that your friend Edwin will be playing in the state championships for Wheelchair Basketball. However, he tells you he will need to miss his best friend's birthday party. How does Edwin feel?

How can you show empathy? Describe what you would do and say.



THOUGHTS ON EMPATHY

"Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins. And it's up to you to make that happen."

- President Barack Obama

"The greatest compliment that was ever paid me was when one asked me what I thought, and attended to my answer."

- Henry David Thoreau

"If speaking is silver, then listening is gold"

- Turkish Proverb

"Each one of us has lived through some devastation, some loneliness, some weather superstorm or spiritual superstorm, when we look at each other we must say, I understand. I understand how you feel because I have been there myself."

- Dr. Maya Angelou

Choose one of the quotes about relating to empathy. How does this quote exemplify empathy?
