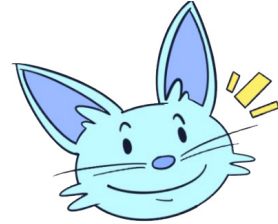


5 STEPS TO EMPATHY

STEP 1: PAY ATTENTION!

- What is your friend saying?
- How would you describe their body language?



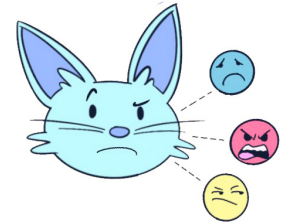
STEP 2: CONNECT!

- Make a personal connection to how your friend is feeling.
- When have you experienced a similar feeling?



STEP 3: IMAGINE!

- How do you think your friend feels right now?
- How would you feel if this were to happen to you?



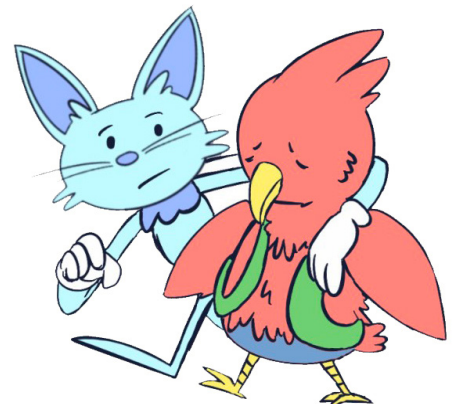
STEP 4: ASK!

- Ask your friend how they are feeling.

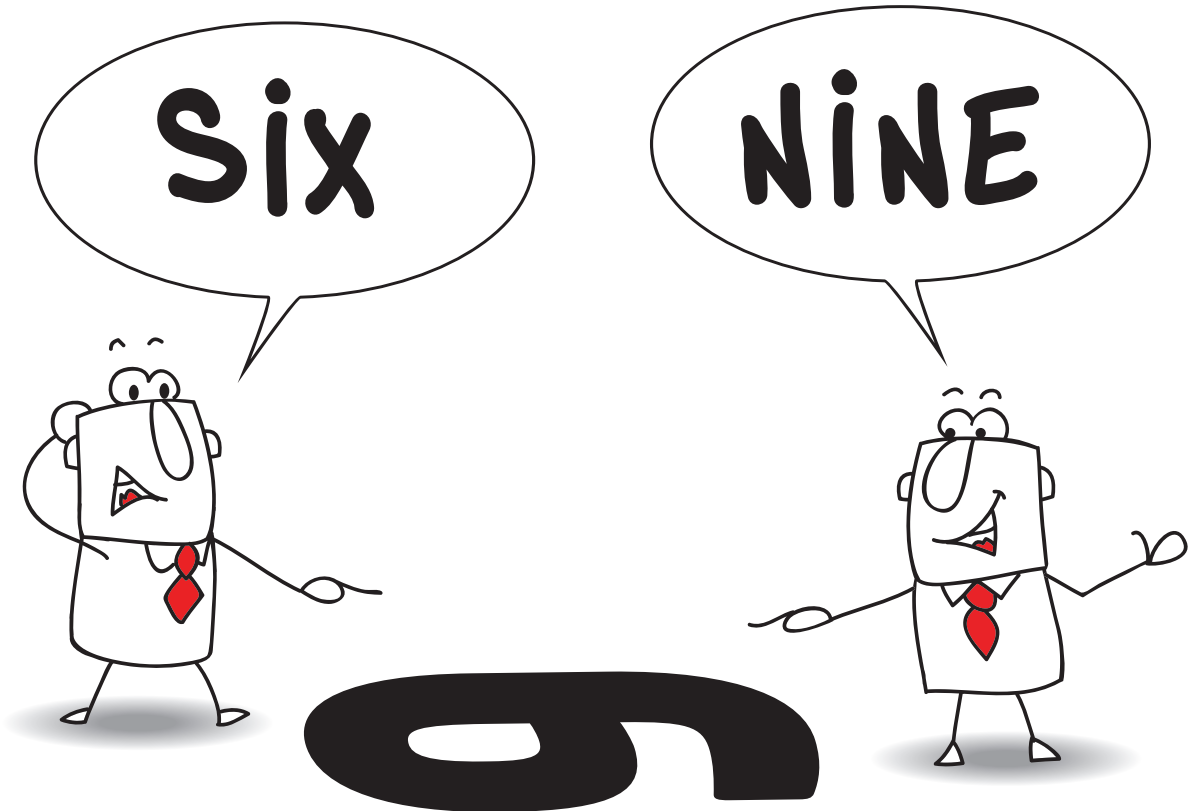


STEP 5: ACT!

- Listen attentively to your friend talk about their feelings.
- Use your words and actions to show your friend that you care.



6 OR 9?



EMPATHY SCENARIO ANALYSIS

Name: _____

1. How do you think the person in your scenario feels?

2. How would this situation make you feel?

3. If you observed this situation in real life, what could you do to show empathy?

EMPATHY SCENARIO CARDS



.....

Your best friend, Sara, is jealous of the new friend you have made, Leila. One day during the carpool line, Sara begins to snicker and make mean comments about the car Leila's mom drives. Leila overhears and is embarrassed; you know Leila's mom lost her job. What should you do?

.....

Your best friend, Mateo, has started to make fun of Chris for being a slow reader. At first you thought it was funny, but Mateo's comments to Chris have become meaner. In fact, Chris is embarrassed now to read aloud to the class, and he puts his head down whenever he is called on to answer a question. Other students in the class still think Mateo's comments and sneers are funny when Chris has to read. What should you do?

.....

A bully at school and several of his friends are surrounding a student at recess. They are making fun of his dirty sneakers. What should you do?

.....

Children are picking teams for a baseball game during PE. Two students are left, but the captains don't want to pick them. What should you do?

.....

Shania is having a birthday party. The whole class is invited except for one student. What should you do?

.....

A new student comes into your classroom with big glasses. Some of the other kids in the class start to laugh. At lunch, he sits by himself. What should you do?

.....

A message making fun of a classmate has been sent to you and other students in your class. The classmate who is being made fun of does not know about the secret group message. What should you do?

.....

Kayla got a new haircut, and the hairdresser accidentally cut her hair shorter than she wanted it. All of your friends are saying she looks like a boy. Kayla is upset. What should you do?

.....