

Using Empathy

Practice Exercise

Empathy is being able to know how someone else is feeling, even when you are not in the same situation. Sometimes, in more simple words, we call empathy being able to "put yourself in someone's shoes" and see things from their viewpoint. Fill in the blanks below to practice.

Someone called your friend a bad name.

How do you think your friend feels? _____

Have you ever felt this way before? Yes No

When? _____

What do you think you can say or do to help them feel better?

When you have felt this way, what has made you feel better?

Today is the first day for a new student, and he has no friends yet.

How do you think they are feeling? _____

Have you ever felt this way before? Yes No

When? _____

What do you think you can say or do to help them feel better?

When you have felt this way, what has made you feel better?

