

Ask Professor Green Bear: Empathy



Dear Professor Green Bear,
There is something wrong with my friend.
They do not want to talk about what is
wrong and lately they won't even smile. I
know their grandma is sick. Do you think
that is what is wrong?
-Trying to make my friend feel better

DEAR TRYING TO MAKE MY FRIEND FEEL BETTER,
EMPATHY IS BEING ABLE TO KNOW HOW ANOTHER PERSON IS
FEELING, EVEN THOUGH YOU ARE NOT IN THE SAME SITUATION.

WHEN YOU HAVE EMPATHY FOR A PERSON, YOU CAN BETTER
UNDERSTAND HOW TO MAKE THEM FEEL BETTER. JUST FOLLOW THE
STEPS BELOW TO TRY AND HELP YOUR FRIEND FEEL BETTER.

YOUR FRIEND,
PROFESSOR GREEN BEAR



To show **EMPATHY** towards others . . .

Look at The Person

Usually we can tell how a person feels just by looking at the expression on their face and watching their body language.

ACT!

- Ask them if there is anything you can do to help.
- Offer them comfort - give them a hug (after asking if it is okay) or just be there for your friend.

Think of Their Feelings

Now that you have looked at the person and know how they feel do the following:

- Think of how you would feel if you were in the same situation as your friend.
- They are probably feeling the same way.