

Empathy

Connecting with Others

Think about someone who has experienced a tragedy. How can you try to understand the feelings of others?

Place a check on any of the actions that you think can help you empathize with others.

- Listen to what someone says. Ask how they feel.
 Pay attention to their facial expressions. Watch their actions.
 Other ideas: _____

empathy [em-puh-thee] (noun) the understanding of or the ability to identify with another person's feelings or experiences

What does empathy mean to you? How do you feel when someone shows you empathy?

What are three ways you can help others or volunteer in your community?
