

Empathy  
Workbook



# What is Empathy?

the act of understanding, being aware of, being sensitive to, and experiencing the feelings, thoughts, and experience of another person

Empathy is being able to imagine what another person could be feeling during different events and situations.

Empathy gives you the confidence to stand up for your friends. You can stop and reflect on your actions and the actions of others to think about how it effects people.



Empathy allows you to be more present and understanding of different situations.

Empathy shows you care about your friends. To be able to put yourself in their place, helps you better communicate with your friends and show compassion and care for them.

# Empathy or Sympathy

Sympathy and empathy are closely related words, but they do not mean the same thing.

## Sympathy



Sharing the same feelings of another person



## Empathy



Being able to imagine the feelings of someone else



# What would you do?



**Billy can't do something all his friends can do. They laugh at him.**

- How do you think she feels? \_\_\_\_\_
- Have you ever felt that way? \_\_\_\_\_
- What made you feel better? \_\_\_\_\_
- What can you say to her? \_\_\_\_\_



**Jane's baseball team lost the game.**

- How do you think she feels? \_\_\_\_\_
- Have you ever felt that way? \_\_\_\_\_
- What made you feel better? \_\_\_\_\_
- What can you say to her? \_\_\_\_\_



**Pat's sister is going away to college.**

- How do you think she feels? \_\_\_\_\_
- Have you ever felt that way? \_\_\_\_\_
- What made you feel better? \_\_\_\_\_
- What can you say to her? \_\_\_\_\_



**Sally was pushed down and she got hurt.**

- How do you think she feels? \_\_\_\_\_
- Have you ever felt that way? \_\_\_\_\_
- What made you feel better? \_\_\_\_\_
- What can you say to her? \_\_\_\_\_

**Lisa's friend is mad at her.**



- How do you think she feels? \_\_\_\_\_
- Have you ever felt that way? \_\_\_\_\_
- What made you feel better? \_\_\_\_\_
- What can you say to her? \_\_\_\_\_

**Tom's dad moved away.**



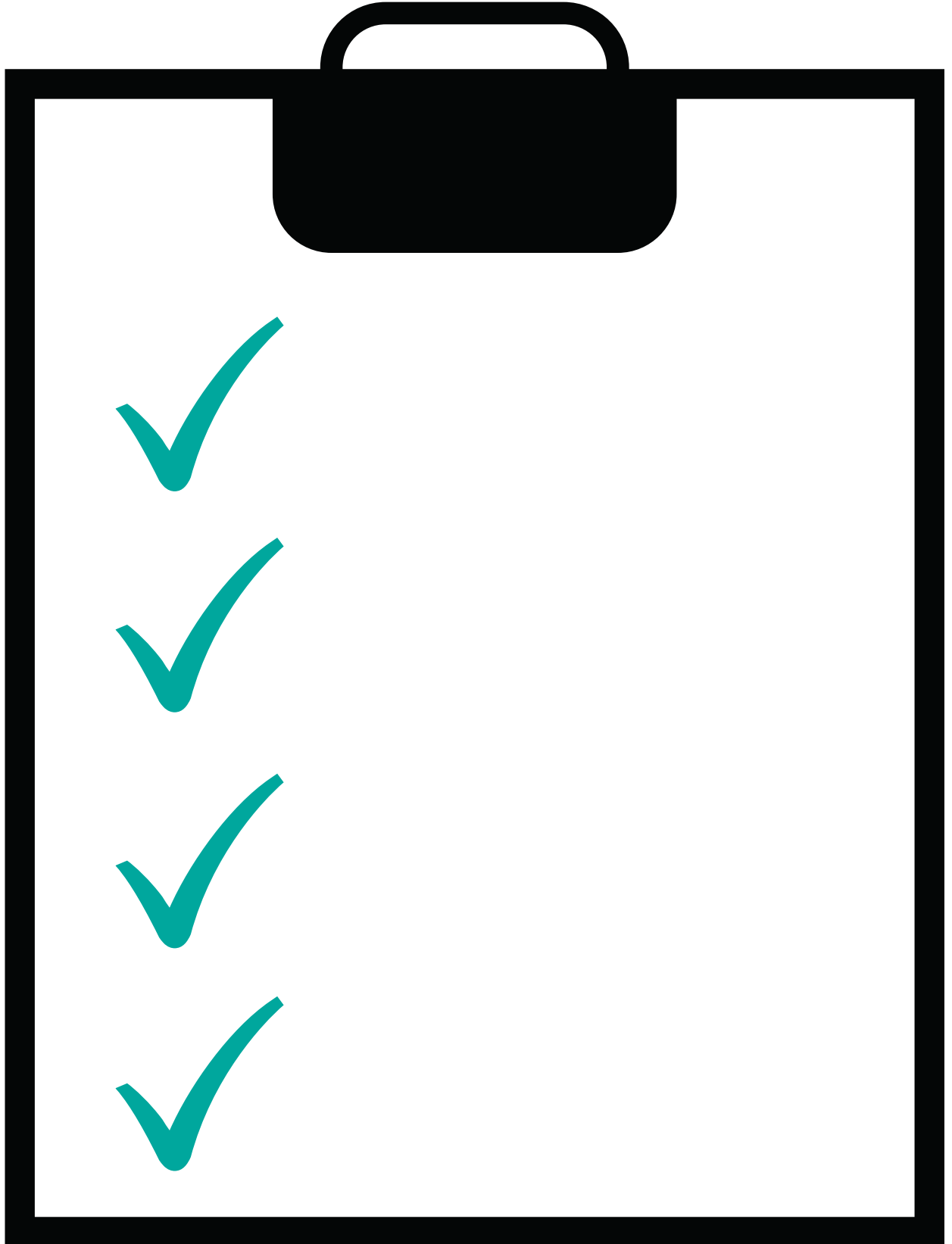
- How do you think she feels? \_\_\_\_\_
- Have you ever felt that way? \_\_\_\_\_
- What made you feel better? \_\_\_\_\_
- What can you say to her? \_\_\_\_\_



# Empathy Toolkit

What can you do to show someone empathy?

How can you reflect before responding?



# Don't Say...



You're fine. Brush it off.



It's not a big deal.



Why are you crying anyways?



Don't worry about it.



Stop overreacting!



Camp A1111

# EMPATHY

