



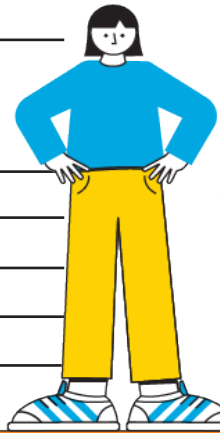
About Empathy - Level 2

Student Activity Guide

Think About It:

1. What does the word empathy mean to you?

2. How can having empathy lead to better relationships with others?



Brain Quiz!

1. _____ involves feeling with someone. It is the ability to share in another person's experience.

- a. Sympathy
- b. Empathy
- c. Pity
- d. none of the Above

2. Which of the following is NOT an attribute of empathy?

- a. Perspective taking
- b. Being non-judgmental
- c. Feeling sorry for another person
- d. Recognizing and understanding another person's feelings
- e. Communicating your understanding of another person's feelings



3. True or False: When people go through hard times, connection is helpful.

4. Empathy takes _____. In order to connect with others, we have to connect with something in ourselves that knows the feeling.

- a. problem solving
- b. sympathy
- c. vulnerability
- d. all of the above

5. Identify the most empathic response below:

- a. I don't even know what to say
- b. At least it wasn't worse
- c. I feel sorry for you.
- d. Are you going to the party this weekend?

Activity #1 Write About It:

Journal: Can you think of a situation where you have not shown empathy to another person? What is that situation? What might that person be thinking or feeling? What might have motivated that person to behave in the way that they



Activity #2 Group Lesson:

Create a skit in which a new student attends a school, but wears different clothes than everyone else. Throughout the skit narrate what each character may be feeling, a) the new student, b) a popular student, c) an unpopular student, d) the parent of the new student.



Have each student research the needs of various groups within the community then report back to the class what they have learned.

1. Elderly people
2. Families
3. Children
4. Parents
5. Single parents
6. People with disabilities
7. People who are ill
8. Minority groups
9. Immigrants
10. Homeless people
11. Women
12. Men

A stylized illustration of three people standing at the bottom right corner of the page. On the left is a small person with long black hair wearing a blue shirt. In the middle is a person with curly black hair wearing a yellow and white striped shirt and orange pants, carrying a black bag. On the right is a person with straight black hair wearing a blue long-sleeved shirt and yellow pants, with hands on hips. The background of the entire page is white with horizontal blue lines.