About Empathy - Level 3 Student Activity Guide

a. Perspective takingb. Being non-judgmental

person's feelings

another person's feelings

c. Feeling sorry for another person

d. Recognizing and understanding another

e. Communicating your understanding of



Think About It:	
1. What does the word empathy mean to you?	
2. How can having empathy lead to better relationships with o	thers?
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Brain Quiz!	
1involves feeling with someone. It is	3. True or False: When people go through hard times,
the ability to share in another person's experience.	connection is helpful.
a. Sympathy b. Empathy	4. Empathy takes In order to
c. Pity	connect with others, we have to connect with some- thing in ourselves that knows the feeling.
d. none of the Above	a. problem solving
2. Which of the following is NOT an attribute of	b. sympathy
empathy?	c. vulnerability
B	d. all of the above

5. Identify the most empathic response below:

d. Are you going to the party this weekend?

a. I don't even know what to say

b. At least it wasn't worse

c. I feel sorry for you.

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 did?
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.

Activity #3 Extended Learning:

Have each student research the needs of various groups within the community then report back to the class what they have learned.		
	 Elderly people Families Children Parents Single parents People with disabilities 	7. People who are ill8. Minority groups9. Immigrants10. Homeless people11. Women12. Men