



High School

Name: _____

Date: _____

Empathy and Compassion

Think about a time you felt like someone just didn't understand how you were feeling or what you were going through. What did that feel like for you? How would you have liked them to handle it differently?

Scenario 1: Martiza's mother is very sick. Even though she's not your best friend and you can't really relate to what she's going through, you want to show her your support.

→ What can you say to show Martiza empathy?

→ What can you do to help Martiza?

Scenario 2: You and your best friend both try out for the basketball team, but you make it and your friend doesn't. You're very excited but also feel bad for your best friend.

→ What can you say to show your best friend empathy?

→ What can you do to help your best friend?