

EMPATHY

Empathy is when you are able to understand and care about how someone else is feeling.

Read the scenario in the first box and think about how you would feel if you were that person. How would you use empathy to help them?

Someone in your class is sitting alone at lunch and they seem sad.



You want to play outside with only your friend, and your sibling has no one to play with.



There is a new student at your school who is very shy and has not made any new friends.



Bonus: Watch Sesame Street video on Empathy with Mark Ruffalo on YouTube