

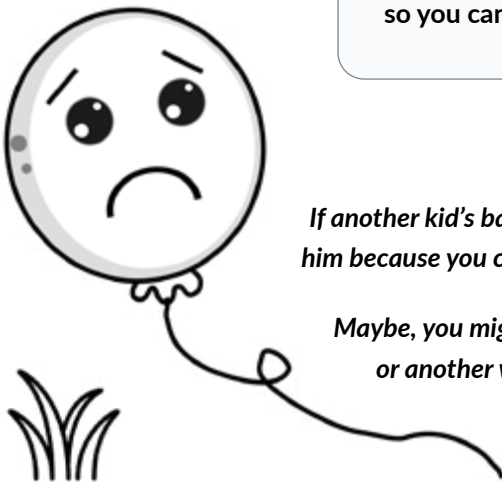
# What is Empathy?

## Worksheet



Empathy is understanding and caring about what other people are feeling.

It is about putting yourself in their position so you can feel the same way as them.



*If another kid's balloon blows away, you may empathize with him because you can understand his feeling of sadness.*

*Maybe, you might also feel a bit sad too. Feeling happy, sad, or another way because someone else does is empathy.*

*Write about a time when you felt happy or sad because you felt what someone else was feeling.*

*Do you think empathy is a good thing?*

*Write some ways you might strengthen your empathy by caring for others.*