

EVERYDAY empathy



Javi isn't working on his assignment, even though the teacher has already given instructions. He's just been staring at his paper, tapping his pencil, and looking around at what others are doing.

How might Javi be feeling in this situation?

How could you speak or act toward Javi with empathy?

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I really miss my dad! He is away for work, and I have no idea when I will see him again. I miss him so much.

He'll come back eventually... Boys really shouldn't cry.

How do you think Felix is feeling? Why do you think so?

Did Manuel respond with empathy? Why or why not?

How would you respond to show Felix that you care about how he feels?

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Was that thunder? Is that lightning outside? Oooh, I don't like storms...

How do you think Holli is feeling? How can you tell?

What is it like to feel that way?

How can you respond or act to show Holli that you care about how she feels?

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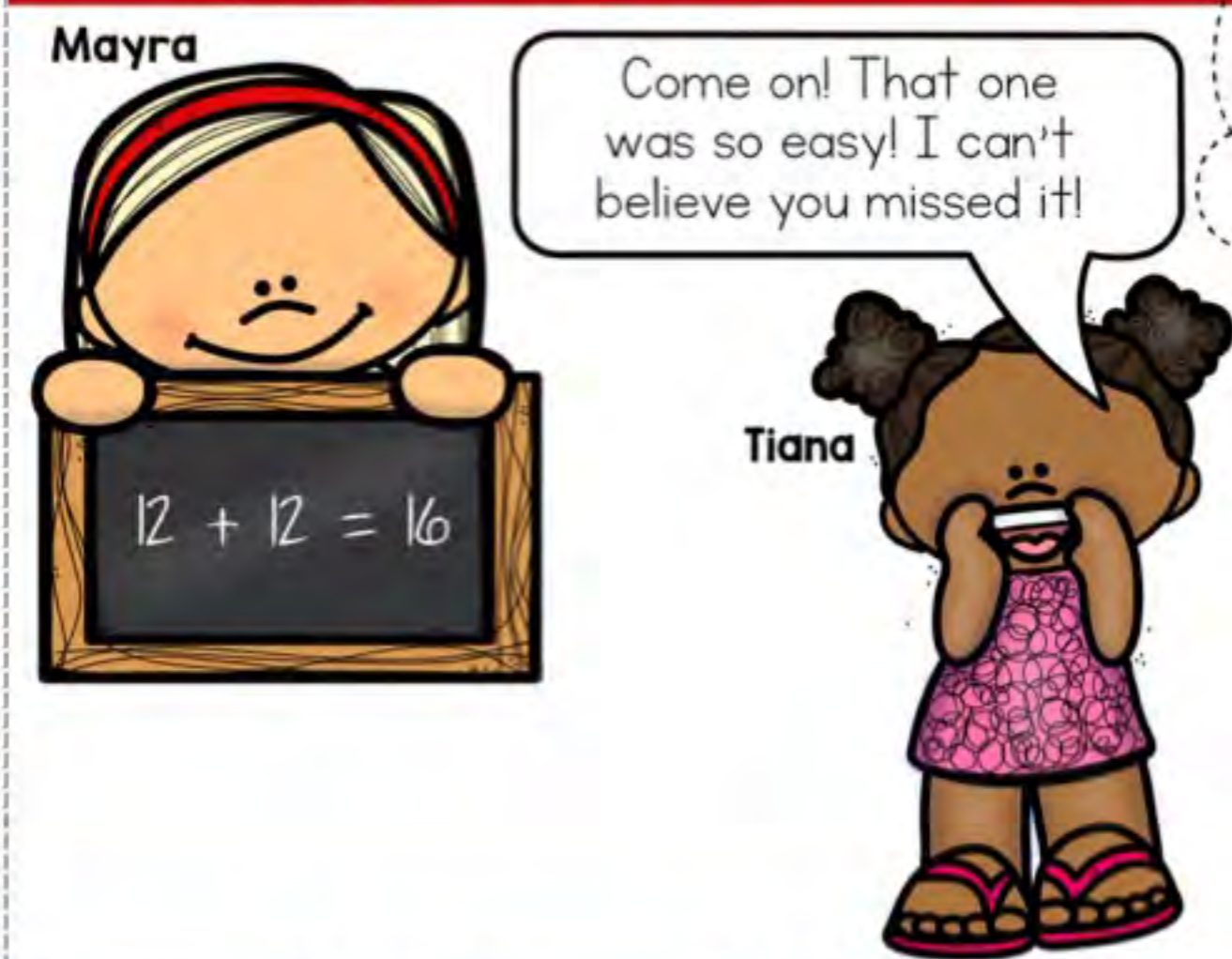


It's basketball week in PE! Patrick hasn't brought or worn PE clothes all week long and has been sitting on the sidelines instead of playing with the other kids.

How do you think Patrick might be feeling? Why do you think so?

How could Jesse and Layla show Patrick that they care about how he feels?

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Come on! That one was so easy! I can't believe you missed it!

Mayra did a math problem on the board in front of the whole class. She got it wrong and Tiana called out at her in front of everyone.

How do you think Mayra is feeling in the moment? Why do you think so?

Have you ever felt that way? What is it like?

How do you think Tiana's comments made Mayra feel?

How could you respond to someone in a similar situation to show that you care about how they feel?

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Ahh! Don't throw it to me! I wasn't ready!

How do you think Travis is feeling? How can you tell?

What is it like to feel that way?

If you were the person throwing the ball, what could you do or say to show Travis that you care about how he feels?

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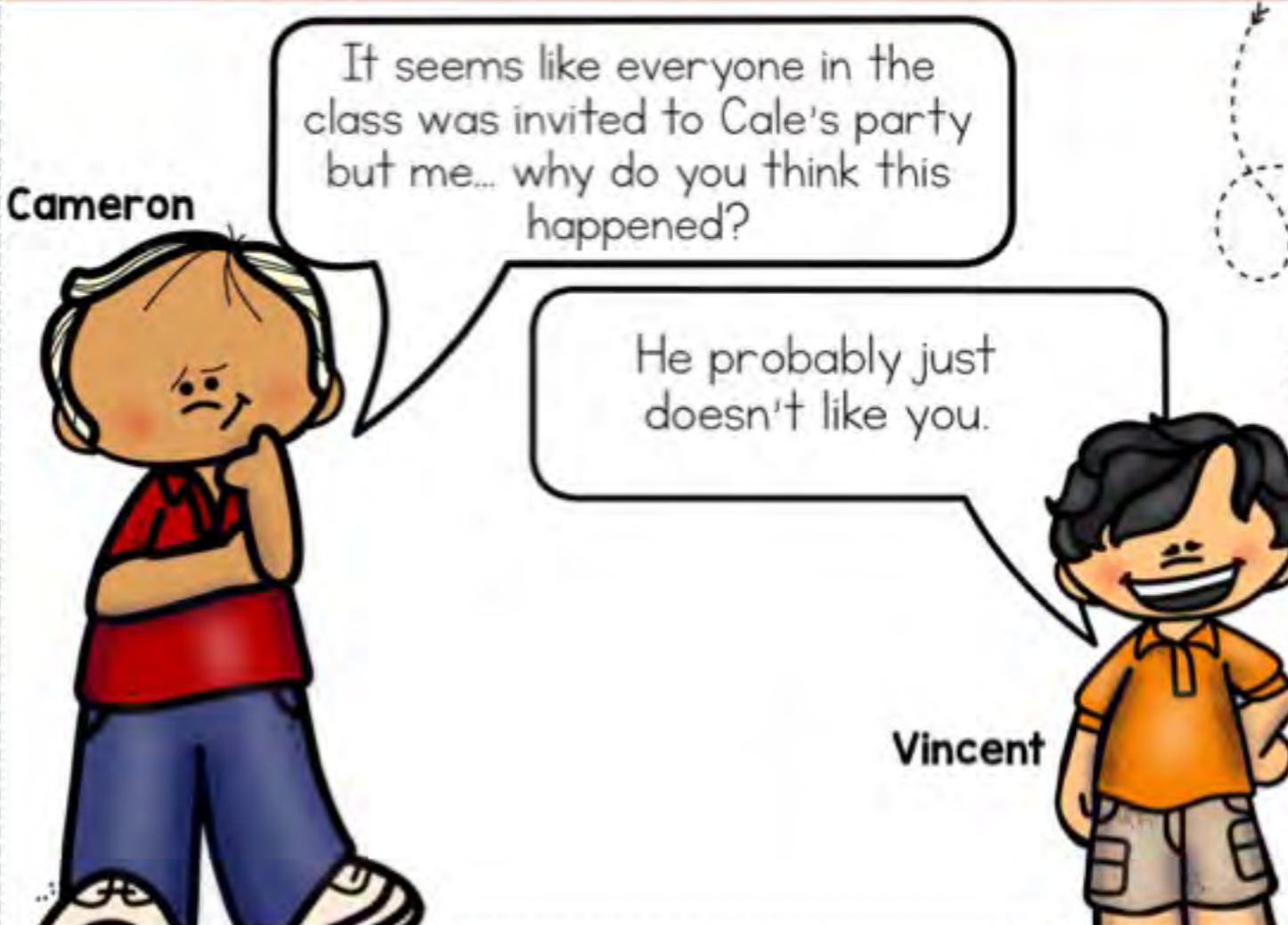


Walter, Mikey, and Harrison are doing a project together. Walter and Harrison hung out after school yesterday and planned the project while they played, but Mikey wasn't with them because he wasn't invited to play. Now that they're working on the project, Mikey sits down and isn't helping.

How do you think Mikey might be feeling? Why do you think so?

How could Walter and Harrison show Mikey that they care about how he feels?

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It seems like everyone in the class was invited to Cale's party but me... why do you think this happened?

He probably just doesn't like you.

How do you think Cameron is feeling? Why do you think so?

Did Vincent respond with empathy? Why or why not?

How would you respond to show Cameron that you care about how he feels?

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Greta

Cammie has been writing for the last 20 minutes. Greta walked past Cammie's desk, leaned over her shoulder for a second, and then walked away laughing.

How do you think Cammie might be feeling? Why do you think so?

How do you think Greta's actions affected the way Cammie is feeling?

What could you say or do to show Cammie that you care about how she feels?

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I'm so tired of him making fun of me!

How do you think Kirsten is feeling? How can you tell?

What is it like for you to feel that way?

What could you do or say to show Kirsten that you care about how she feels?

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Kate and Paul are picking teams for soccer at recess. Rico is the last player to be picked.

How do you think Rico might be feeling? Why do you think so?

Have you ever been in this situation or a similar one? What was it like for you?

What could Kate, Paul, and the other players say or do to show Rico that they care about how he feels?

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I forgot all of my lines in the play! I was up there in front of the whole school and all the parents, and I just froze.

Eh, it's no big deal. Want to go play tennis?

How do you think Brittany is feeling? Why do you think so?

Did Kamilah respond with empathy? Why or why not?

How would you respond to show Brittany that you care about how she feels?

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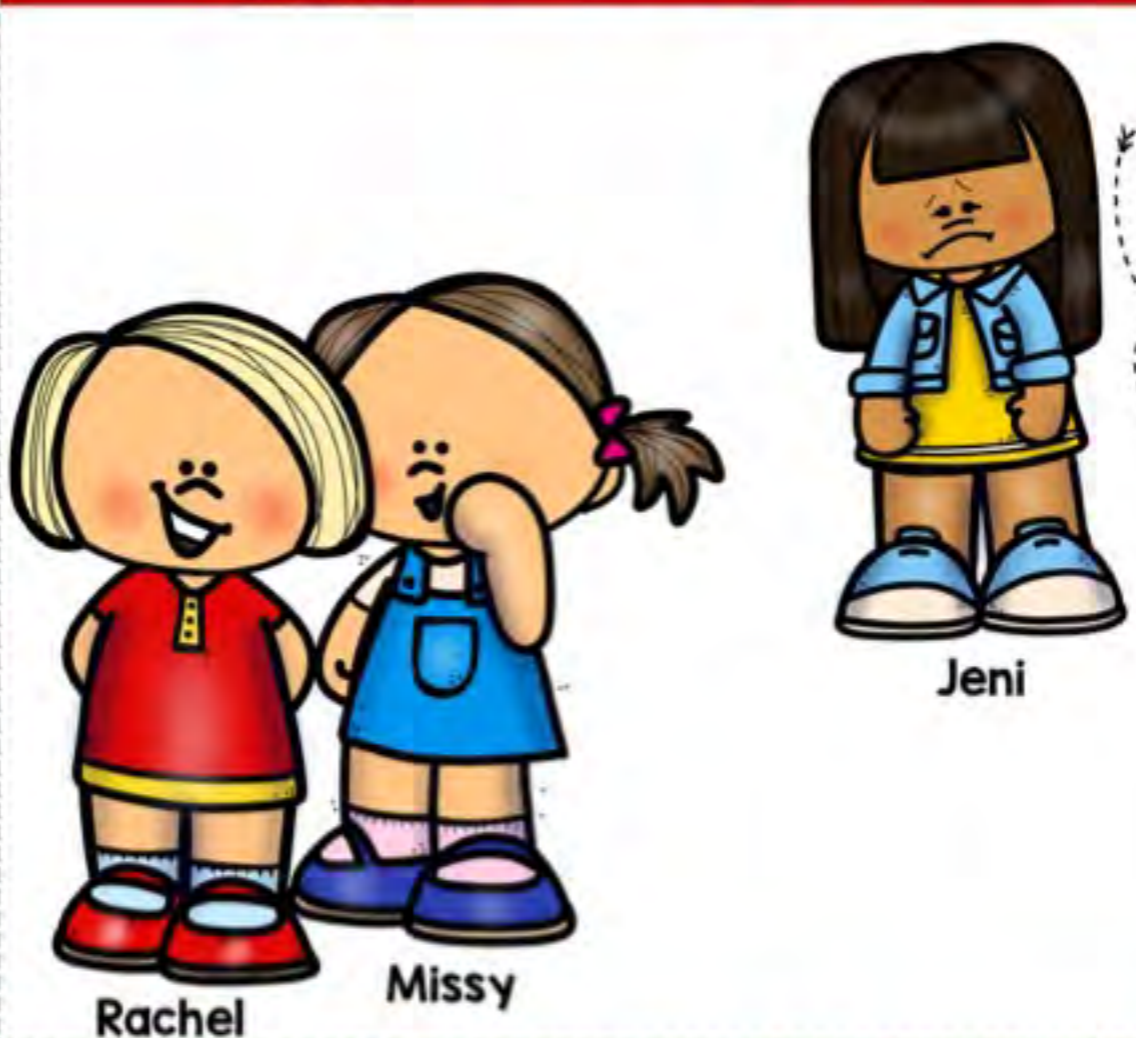
Stop touching my things! They are mine and I don't want you touching them!

How do you think Bianca is feeling? How can you tell?

What other things might be going on in Bianca's life that could contribute to this feeling?

What could you do or say to show Bianca that you care about how she feels?

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Missy heard her mom say that Jeni's parents are getting divorced. She wanted to tell Rachel because she tells Rachel everything.

How do you think Jeni might be feeling? Why do you think so?

Have you ever been in this situation or a similar one?

Instead of telling Rachel, how could Missy act with empathy?

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Today is the best day ever!! We get to do our science experiments and I can't wait! I've been having a really hard week, and I've been looking forward to this all week long.

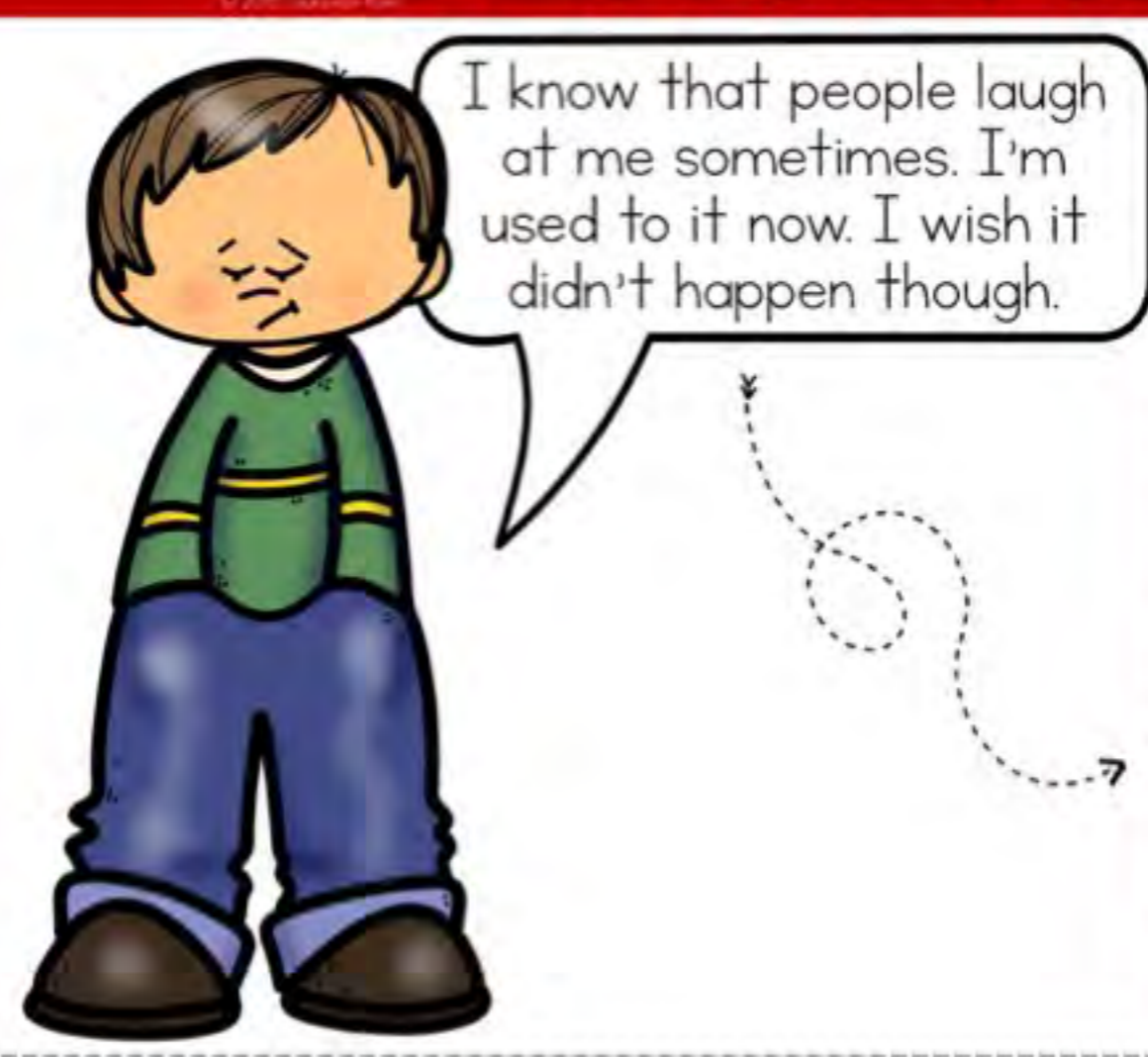
Ugh, I hate science.

How do you think Cristi is feeling? Why do you think so?

Did Jamar respond with empathy? Why or why not?

How would you respond to show Cristi that you care about how she feels?

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I know that people laugh at me sometimes. I'm used to it now. I wish it didn't happen though.

How do you think Brady is feeling? How can you tell?

Have you ever been in a situation like this before? What was it like?

What could you do or say to show Brady that you care about how he feels?