

# Expressing Empathy and Understanding for Others

## Suggested Role-Plays

- 1.** Your friend is very sad because his father died. Show how you would support your friend the first time you see him after the death.
- 2.** Your sister tried out for the lead in the school play but didn't get the part. She is very upset and depressed. Following the steps of the skill, show how you would express empathy and understanding to her.
- 3.** Your best friend's parents are getting a divorce. Your friend is angry and keeps to himself. Show how you would be supportive and understanding.
- 4.** Your classmate flunked the English exam and is feeling frustrated and depressed. Describe how you would express your concern and understanding to him.
- 5.** Your grandparents had to put their beloved pet to sleep. Show how you would be caring and describe what help or assistance you would offer.

# Expressing Empathy and Understanding for Others

## Think Sheet

Name \_\_\_\_\_ Date \_\_\_\_\_

Why should you learn how to be compassionate and show understanding for others?

List some times when a friend may need to be comforted or supported:

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The second step of this skill is to say something such as, “I understand...” What other words or actions can you say and do to show you care?

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How can the skill of **Expressing Empathy and Understanding for Others** help you at school?

How can the skill of **Expressing Empathy and Understanding for Others** help you with your family?

# **Expressing Empathy and Understanding for Others**

- 1. Listen closely as the other person expresses his or her feelings.**
- 2. Express empathy by saying, “I understand....”**
- 3. Demonstrate concern through your words and actions.**
- 4. Reflect back the other person’s words by saying, “It seems like you’re saying....”**
- 5. Offer any help or assistance you can.**