

Using Empathy Activity Sheet

Have a look at the scenarios below and answer the questions.



Remember that empathy is about seeing things from the other persons perspective, understanding how they are feeling and connecting with that feeling. It isn't about feeling sorry for that person and looking for a way to solve it!!

You find out your friend has recently separated from their partner. How do you think they might be feeling?.....

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What do you think you could say or do to help them to feel better?

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Cara has been studying really hard all year but is now worrying that she didn't revise one topic and she has been told it's coming up in the exam. How do you think Cara might be feeling?.....

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What could you say or do to help her to feel better?

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Ana has been offered a really good job after college, but she needs to have a driving license to do it. She has just failed her driving test for the 5th time. How do you think Ana might be feeling?.....
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What can you say or do to help her feel better?

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