

GETTING BETTER ALL THE TIME

HOW TO SHOW EMPATHY



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CHAPTER 1

WHAT IS EMPATHY?

Kasey forgot her crayons at home. She really wanted to draw. Beth sees that Kasey is sad. She would feel the same way if she forgot hers. Beth shares her crayons with Kasey. She shows **empathy**.



Empathy is understanding how others feel. It is about imagining yourself in someone else's shoes. Empathy makes you a caring person. It helps you build strong **relationships**.



CHAPTER 2

SHOWING EMPATHY

A young girl with dark skin and curly hair tied in a bun is shown from the chest up. She is wearing a light purple t-shirt and has her arms crossed. She is looking down and to her left with a sad or thoughtful expression. A large, diagonal, semi-transparent watermark reading "Not Review Only" is overlaid across the image.

Learning to show empathy starts with paying attention. Watch others. Is someone crying? Maybe someone looks upset.

Ask if they want to talk. If they do, listen to what they have to say. Think about how they feel.



Louis and Kevin are excited for Christmas. They talk about decorating Christmas trees and the presents they hope to get. They notice Soraya is quiet. She is Muslim. She does not celebrate Christmas.

Louis and Kevin show empathy. They ask Soraya what holiday she likes best. Soraya says she likes Eid al-Fitr. During this holiday, Muslims also decorate and give gifts. Louis and Kevin learn about Soraya's religious celebrations. Soraya feels included!

LEARNING ABOUT OTHERS

Empathy includes learning about people who are different from you. Reading, watching shows and movies, traveling, and visiting **cultural** fairs and museums can help you understand how others live.



