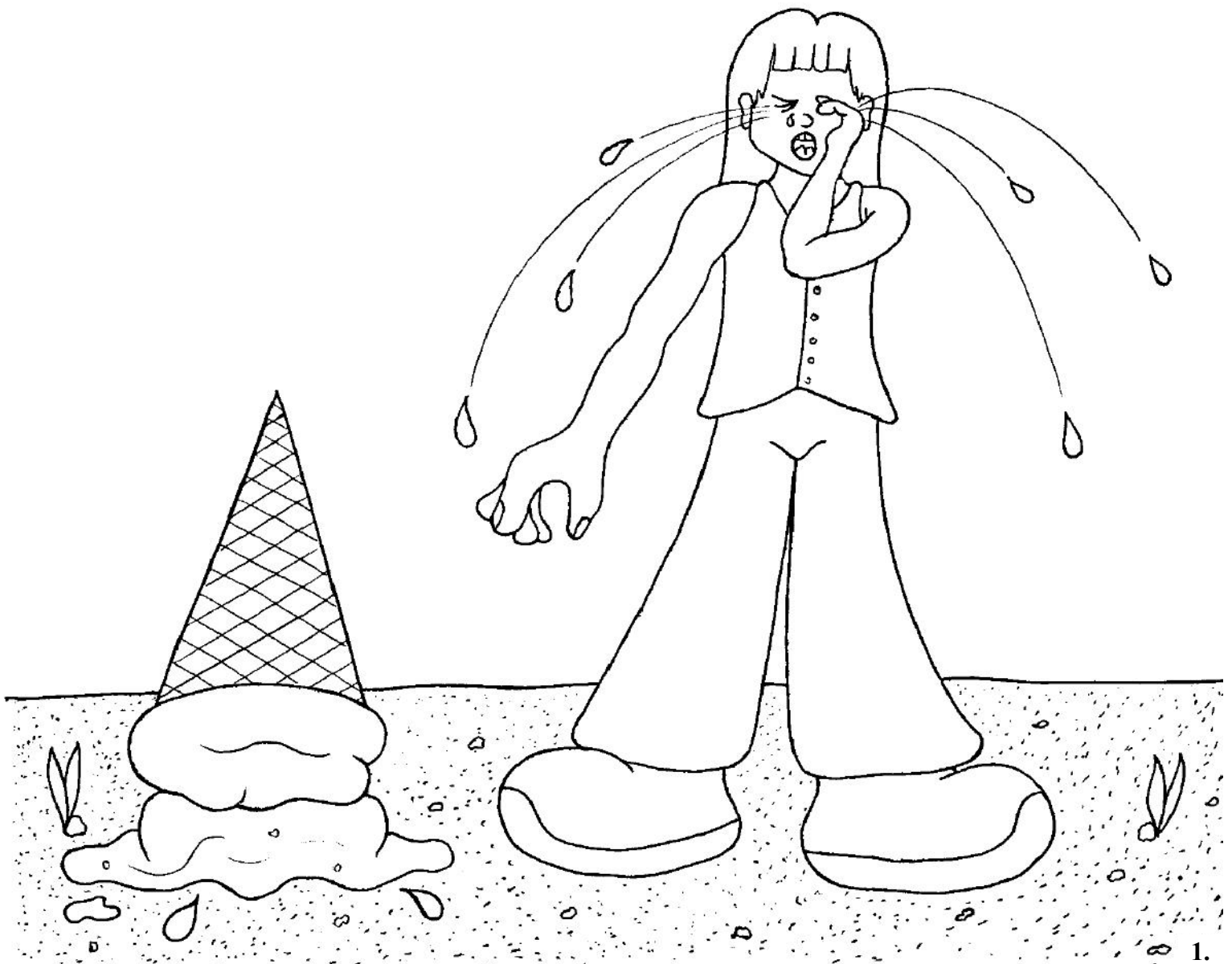


Name: \_\_\_\_\_ Class: \_\_\_\_\_

[www.keepyourchildsafe.org](http://www.keepyourchildsafe.org)

## What Is Empathy?

Empathy is the caring emotion. It means the ability to put yourself in someone else's shoes in order to feel what they are feeling. For example, if you saw a little girl cry because she dropped her ice cream on the ground, you might feel empathy towards her because you could relate to her sense of sadness. You might even feel a tinge of sadness yourself. This feeling of sadness or happiness because of what others experience is called empathy.



1. Describe a time when you've felt empathy toward someone else, meaning that you felt sad or happy because you could sense what they were feeling:

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2. What do you think is the purpose of empathy?

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3. Empathy is just like any other skill: the more we practice it, the stronger it gets. What are some ways you might work to expand your empathy by showing care and concern for others.

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