

A blue parallelogram and a light green parallelogram are positioned in the upper left corner of the slide. The background is a dark navy blue with several lighter blue diagonal stripes running from the bottom left towards the top right.

# Learning to Be Empathetic

10th Grade - 2019-20  
Eno River Academy



## Talk with a Partner:

Think of a time when you were feeling down about something and someone tried to cheer you up.

What did they do to help?

Did it make you feel better or worse? Why?



# What is Empathy?

***Empathy*** involves understanding another's feelings, thoughts, and wishes, and then communicating this understanding back.

-What do you think we mean by “understanding?”

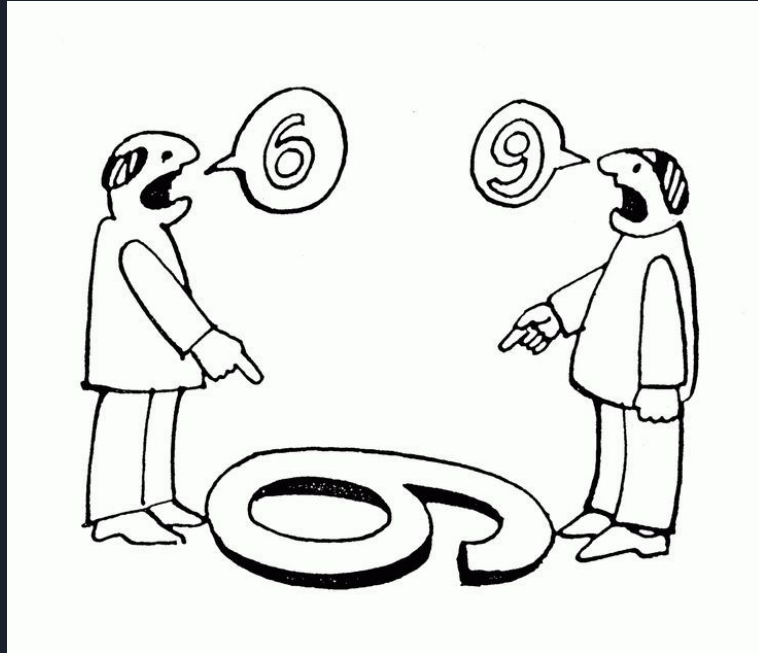
-Why do you think this is important?

# THE IMPORTANCE OF EMPATHY



<https://youtu.be/UzPMMSKfKZQ>

It's all about gaining another's perspective.  
We all see things differently.



Have you ever tried to stand in someone's shoes?



## Three Steps to Empathy

1. Listen
2. Identify the person's feelings, thoughts, and needs
3. Communicate your understanding with the person



## Which response do you think would be an example of Empathy?

Your friend says she is having a hard day. She was sick last week, and now that she is back in school, she is having a tough time catching up in her classes.

What do you say?

- a) Well, at least you aren't sick anymore.
- b) I'm sorry that you're not doing well. Maybe you should see the teacher?
- c) Today must be really tough for you. I understand why you are feeling down. Would you like me to help you with your notes today?
- d) If I were you, I would just forget about the homework you missed and move on.



The correct answer is C:


Today must be really tough for you. I understand why you are feeling down. Would you like me to help you with your notes today?

Remember your three steps:

1. Listen
2. Identify the person's feelings, thoughts, and needs
3. Communicate your understanding with the person

Why might this be one example of how to follow these steps?





# What is the difference between Sympathy, Empathy, and Apathy?

Sympathy - Feelings of pity and sorrow for someone else's misfortune

Empathy - The ability to understand and share the feelings of another

Apathy - A lack of interest, enthusiasm, or concern

Discuss why these differences change interactions between people.



<https://youtu.be/1Evwgu369Jw>



Any Questions?

Just for Fun: See how two different perspectives can both be correct?



Is this a Frog or A Horse?