

Empathy Builders



What is Empathy?

It's the ability to understand and share someone else's feelings—and respond with kindness and care.

Empathy
Middle School



Draw a line to match each type of empathy with its description:

Type of Empathy

Description

Cognitive Empathy

(A) The ability to identify and feel another person's emotions as if they were your own

Emotional Empathy

(B) The ability to understand another person's perspective intellectually

Compassionate Empathy

(C) The ability to understand another's perspective, share their feelings, AND take action to help

Which type of empathy do you think is your strongest? Why?

Perspective Talking

 For the following scenario, describe how each person might perceive the situation differently:

Scenario:

A group project receives a lower grade than expected.

Team member who did most of the work:

Team member who tried but struggled with their part:

Team member who had several absences during the project:

Teacher grading the project:

 Our assumptions often prevent us from understanding others. Identify assumptions in these statements:

Scenario:

"He's just lazy. That's why he never turns in his homework."

Possible Assumption:

Alternative Explanation:

Scenario:

"She thinks she's too good to hang out with us."

Possible Assumption:

Alternative Explanation:

Emotional Intelligence & Empathy



Use the chart below to describe what each emotion might look, sound, or feel like. Think about facial expressions, body movements, tone of voice, and common things someone might say:

Emotion	Facial Cues	Body Language	Tone of Voice	Common Phrases
Anxiety				
Disappointment				
Embarrassment				
Pride				



People don't always show their true feelings. For each scenario, identify what might be going on beneath the surface:

Scenario 1:

Your friend says "Whatever, I don't care" when they're not invited to a party.

Visible emotion:

Possible underlying emotion:

Clues that might reveal this:

Scenario 2:

A classmate laughs when they're teased about a mistake. Visible emotion:

Visible emotion:

Possible underlying emotion:

Clues that might reveal this:

Active Listening



Rate yourself on these active listening skills (1-5):


1 = Needs Improvement

5= Excellent

Area	Rating
Maintaining appropriate eye contact	
Removing distractions (especially digital)	
Focusing on understanding rather than responding	
Asking clarifying questions	
Avoiding interrupting	
Paraphrasing to confirm understanding	
Noticing non-verbal cues	
Responding to emotions, not just words	

My active listening strength is:

I need to improve:

 Write one response that shows empathy and one that does not, as if someone told you this scenario:

Scenario:

"My parents are getting divorced and I have to move."

Non-empathetic response:

Empathetic response:



Digital communication presents unique empathy challenges. Analyze these differences:

What's missing in digital communication compared to face-to-face?

How might this affect empathy online?



For each online scenario, describe how to respond with empathy:

Scenario 1:

Someone posts about failing a test

Your response on social media:

Scenario 2:

A friend's comment receives negative responses

Your response on social media:

Scenario 2:

Someone you know is being excluded from an online group

Your response on the online forum:

Empathy in Action



Choose one relationship in your life where you'd like to practice more empathy:

Relationship:

Current challenge:

How I typically respond:

A more empathetic approach would be:



Create a plan to develop your empathy skills:

One specific empathy skill I want to improve:

Why this matters to me:

How I'll practice this skill this week:

1.

2.

3.

How I'll know I'm making progress:
