

Taking Time to B.R.E.A.T.H.E.

E = Empowering Empathy Everyday



My Accomplishments!

- Think of a situation where you disagreed with someone -- your parents, your brother/sister, a classmate, or your teacher. Write about the situation from your point of view. Then write how the other person might view the same situation.
- Think of a classmate or family member who is going through a tough time. Ask yourself, how would I feel in that situation?
- Select a staff member or adult in your family. Conduct an interview with them and practice your empathetic listening. Listen without interrupting. Paraphrase what you hear. Ask questions about the person's hopes, dreams and what makes their life fun and what challenges they face. As they express their joys and their struggles, imagine how you would feel.
- Pick a character from a story you have read recently. Put your empathy skills into practice by doing a deep-dive into that character. Write a few paragraphs exploring life from that character's point of view. How do they view life? Why? How does that character feel? What does that character need? What would you say to that character to demonstrate empathy?



Create an empathy chart. Empathy charts can be a powerful tool to build a deeper understanding of how our words and actions connect to our thoughts and feelings. On a piece of paper, divide your empathy chart into four sections: Think, Feel, Say. Do. Draw a circle at the center and label it "Empowering Empathy". Write down one emotion you sometimes feel, a thought you connect to that emotion, an action you take when they have that feeling, and something you might say. For example, when I **feel** nervous, I might **think** I'm making mistakes. When I feel this way, I apologize a lot (**say**) and often take a deep breath (**do**). Then, interview four other people and write down their responses on your empathy chart. Write about any aha moments you have after doing this activity.



How can you get an idea about how someone else is feeling? How can we recognize when someone else is feeling bad or left out? How can we cheer up others who feel bad and help them feel better? Explore, reflect, and share what you've learned.



Create a feelings collage. You can use magazines and paper or you can create a digital collage. Label each picture in your collage with a feeling word. Elaborate on the details of what you saw to determine the feeling... the person's facial expression, their body language, or the context of the photo or illustration.



Write down a problem that a friend has gone through recently. (Don't use their name). Write down how you could respond to them with empathy and make sure that you avoid these empathy breakers: Trying to solve their problem, giving advice, dismissing how they are feeling, or using sarcasm.

I'm learning to Empower Empathy Everyday