ONE PAGE SUMMARY

Kids Learning › Moral Values › Empathy

What is Empathy

Empathy: Understanding Others' Feelings Deeply

DEFINITION

> Empathy is the ability to understand and share the feelings of another person. It helps us connect with others and show compassion.

KEY CONCEPTS

Active Listening

Paying full attention to someone when they speak, showing you care about their feelings.

Perspective Taking

Imagining how someone else feels in a situation to better understand their emotions.

Compassionate Response

Responding to others' feelings with kindness and support, helping them feel understood.

Nonverbal Cues

Recognizing body language and facial expressions that convey emotions, enhancing understanding.

Emotional Regulation

Managing your own emotions to respond appropriately to others' feelings without becoming overwhelmed.

EXAMPLES

→ Listening to a friend who is sad about a lost pet.

→ Helping a classmate who is struggling with homework.

→ Offering a hug to someone who feels lonely.

MEMORY TIPS

★ Think of 'EM-PATHY' as 'I feel with you.'

★ Remember 'LISTEN' as 'Letting Individuals Share Their Emotions Naturally.'

★ Use the acronym CARE: Connect, Acknowledge, Respond, Empathize.

COMMON MISTAKES

✗ Assuming you know how someone feels without asking.

✗ Focusing too much on your own feelings instead of theirs.

✗ Giving advice instead of just listening.

QUICK RECAP

Empathy is about understanding and sharing the feelings of others. It involves active listening, perspective taking, and responding with compassion. Remember to be aware of nonverbal cues and manage your own emotions to truly connect.