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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 respond to their emotions.

KEY CONCEPTS

Perspective-Taking

Seeing things from someone else's point of view helps us understand their feelings.

Emotional Connection

Feeling what others feel creates a bond and shows we care about them.

Active Listening

Paying full attention when someone speaks shows we value their thoughts and feelings.

Compassionate Response

Acting kindly towards someone in distress demonstrates our empathy in action.

Nonverbal Cues

Body language and facial expressions can communicate empathy without words.

EXAMPLES

- Comforting a friend who is sad about a lost pet.
- Helping a classmate who is struggling with homework.
- Listening to a sibling's worries and offering support.

MEMORY TIPS

- ★ Think of 'EMPATHY' as 'EMotional PATHways to others' feelings.
- ★ Remember 'Feel with' to connect empathy with sharing feelings.
- ★ Use the acronym 'CARE' - Connect, Acknowledge, Respond, Empathize.

COMMON MISTAKES

- ✗ Confusing empathy with sympathy; empathy is feeling with someone, not just feeling for them.
- ✗ Not listening actively, which can lead to misunderstanding others' feelings.
- ✗ Ignoring nonverbal signals that indicate how someone is really feeling.

QUICK RECAP

Empathy is understanding and sharing others' feelings. It involves perspective-taking, emotional connection, and active listening. Practicing empathy helps build strong relationships and support those around us.