Strengthening My Empathy Muscles

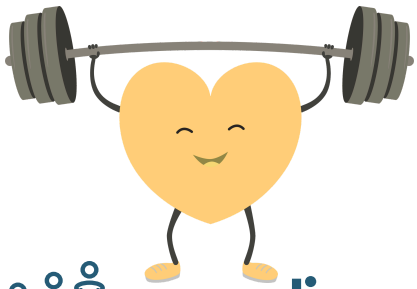
Based on the Darcheinu/Our Path SEL Curriculum

Practice empathy in small ways each day this week.
Check the box when you've used 5–10 empathy statements.
Record the day, the action type's number from the bottom
of the page, and a brief description of what you did.

DAY	EMPATHY STATEMENTS	TYPE	SITUATION
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EXPRESSIONS OF EMPATHY:

1. Patient Listening
2. Imagining yourself in someone's situation
3. Sensing someone's emotions
4. Communicating that you sense someone else's emotions
5. Feeling sadness for some else's sadness
6. Feeling happiness for someone else's happiness



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