

# empathy

*The ability to connect and understand someone else's feelings. To see from their perspective, relate to them and place yourself in their shoes.*

## DISCUSSION QUESTIONS

- 1 What does empathy mean to you? How do we show empathy to one another at home? Online? In our communities?
- 2 What does it mean to "put yourself in someone else's shoes"? Can you think of a time you showed empathy to someone else?
- 3 How can showing empathy contribute to the well-being of ourselves and others?

# TAKE ACTION

- Research a news story that makes you feel empathy toward someone involved and discuss with your family or loved ones.
- As a family, discuss steps you can take to turn feelings of empathy into action at home, or in your local community.

*“Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another.”*  
—Alfred Adler