

Character Education

Date \_\_\_\_\_

Name \_\_\_\_\_ Partner \_\_\_\_\_

### Understanding Empathy

Our feelings are an important part of our selves. How we feel can affect how we behave towards other people. Our feelings can also affect how well we can pay attention and interact with our friends, with our families, and even in class. Understanding how you feel can be valuable. When you understand how you feel and why you feel that way, it can become clearer how you can find solutions to the problems that you have.

Understanding how other people feel is also important. Because most things in life involve interacting and working with other people, the ability to understand how another person feels can be a very valuable asset. This ability is called empathy.

The purpose of this exercise is to help you understand what empathy is all about.

**Directions:** To complete this exercise, work as a partner with another person in your class. Try to find someone who you don't normally work with. In turns, ask each other the questions below. Answer the questions as honestly as possible. Write your partner's answers in the blank spaces below.

1. Describe the last time you felt happy. Why did you feel that way?

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2. Describe the last time you felt sad. Why did you feel that way?

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