

Topic: Empathy

Breathe

This video guides you through an exercise of compassion. Use it when you are finding it hard to show kindness to yourself and others or if you are having trouble getting along with someone in your life.

[#kindness](#) [#compassion](#) [#mentalhealth](#)



Learn

What is Empathy? Ability to recognize emotions in others and their perspective. It allows you to help support others. By being more conscious of other people's feelings, we can create a more accepting and respectful community. Watch [these videos](#) to better understand empathy.

1. Think of a time-maybe during an argument with a friend-when you wished that someone understood how you felt? When we try to relate to what another person is going through we're being *empathetic*.

2. Do you think you're an empathetic person? [Respond to each of the statements.](#)

If you answered mostly "yes," you probably do a good job of showing empathy toward other people. The statements you answered "no" to are things you could do to be more empathetic.

Move

Let's do a yoga session today! Have you tried yoga before? It is great for stronger muscles, flexibility and a happy mind. Expect to feel calm and mighty by the end of this video...



Grow

In your journal:

Do you think you are an empathetic person? **What could you do to show more empathy?**

Why do you think it's easier for some people to empathize with others? What makes it difficult to show empathy?

Extension Activity

Check out one of [these books](#) from the library.

Make an effort to practice empathetic listening at home with a guardian or sibling.