



Name:

Date:

Empathy: Independent Learning Guide

The role models in the video "[Empathy](#)" share ways that empathy impacts the world and helps you make better decisions at work and in your personal life.

Watch the video "Empathy" at least once. Then read each statement below. Think carefully about each question before you answer it.

1. Listeners learned that you can use empathy in everything that you do.

What are some examples of empathy you have experienced at school? At home? In your community?

2. One role model shared her belief that empathy will allow us "to become... more respectful of each other, more accepting, [and] more tolerant... as a society."

How might empathy make you more respectful, accepting, or tolerant? Why is this important for our society?

3. All people have different viewpoints and ideas about the world.

Why doesn't everyone think and feel the same way? Why are people different? What causes these differences?

4. All of the role models told us how important empathy is in their lives. From solving problems at work to connecting with others, empathy is something they use every day.

How do you think the role models became empathetic?

Are you born with empathy or is it something that you have to practice? Do you get more empathetic as you get older? Explain your answer.

- 5. Empathy is all about listening to others and trying to put yourself in their shoes. We learned about empathy as something that happens between two people in our daily lives.**

But can you be empathetic in any other way? Can you feel empathy towards an animal? Someone from the past? Explain your answer.

- 6. Think about all of the decisions you make every day. From what to eat for lunch to how to respond when your friend tells you a story, you are always making choices.**

How do the choices you make influence your day and the people around you? How can other people's choices impact you?
