Responding with Empathy

Here is the process to having empathy:

1. Listen to what the person is saying
2. Get clues from the person’s physical body language
3. Respond with empathy

In the following situations, how would be the best way to respond with empathy.

1. Sally is looks like she has been crying. She is playing alone at recess. What should you do?
   a. Ignore her and keep playing
   b. Ask her if she is ok and if she wants to come play with you
   c. Make fun of her with your friends
   d. Tell her recess is supposed to be fun and to stop crying

2. Allison gets to school and she is crying. She comes into the classroom and puts her head down on her desk.
   a. Ask her if she is ok and if she wants to talk
   b. Laugh at her
   c. Ignore her and talk to your friends
   d. Tell her that she needs to start doing her morning work

How would you respond empathetically in the following situation?
Jack is really nervous about a math test. He looks upset and says he isn’t able to eat his lunch. What do you do?

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