Empathy Worksheet



Instructions

Look at the situations below, and then match each situation to the correct feeling and responce.

Situations

- 1. There is a new student in the class and it's their first day.
- 2. Your friend made the school dance team.
- 3. A boy from your class fell at recess and got his pants wet.
- 4. You see a girl sitting by herself at recess.
- 5. Your friend studied really hard for a test but got a bad mark.
- 6. Your friend keeps trying, but can't figure out the right answer from math homework.
- 7. Your friend lost their favorite sweatshirt.
- 8. Someone broke your friend's tablet.

Wht does this person feel?

- A. Disappointed
- B. Sad
- C. Embarrassed
- D. Nervous
- E. Mad
- F. Proud
- G. Frustrated
- H. Loney

What can you do?

- 1. Ask her to play soccer with you.
- 2. Tell them that you're proud of them.
- 3. Help him find it.
- 4. Let him borrow yours until it gets fixed.
- 5. Help him get the right answer.
- 6. Help him study for the next text.
- 7. Try to help him dry off his pants.
- 8. Talk to them and make them feel comfortable.



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How do these kids feel? What can you do to help?

















