

C.L.A.W. Academy

Empathy Exercise Worksheet

Understanding Others' Feelings and Perspectives

Empathy is the ability to understand and share the feelings of another person. These activities will help you practice putting yourself in someone else's shoes and understanding their perspective.

Part 1: Feelings Detective

Activity 1: Identify the Feeling

Read the scenario below and identify how the person might be feeling. Then explain why you think they feel that way.
Scenario: Maya worked really hard on her art project for two weeks. When she showed it to her class, some students laughed because it looked different from everyone else's.

| |
|--|
| |
| |
| |
| |

Part 2: Different Perspectives

Activity 2: See It From Both Sides

Two friends had a disagreement. Read both perspectives and explain how each person might be feeling.
Alex: "I'm upset because Jordan borrowed my favorite book and returned it with a torn page."
Jordan: "I feel terrible! It was an accident. The page got caught in my backpack zipper."

| |
|--|
| |
| |
| |
| |

Part 3: Empathy in Action

Activity 3: What Would You Do?

You notice a new student sitting alone at lunch every day. They look sad and haven't made any friends yet. What could you do to show empathy? List at least three kind actions you could take.

| |
|--|
| |
| |
| |
| |

C.L.A.W. Academy

Empathy Exercise Worksheet

Understanding Others' Feelings and Perspectives

Part 4: Personal Reflection

Activity 4: Your Empathy Story

Think of a time when someone showed empathy to you. How did it make you feel? What did they do that helped you? How can you show that same kindness to others?

| |
|--|
| |
| |
| |
| |

C.L.A.W. Academy

Empathy Exercise Worksheet

Understanding Others' Feelings and Perspectives

Tips for Parents & Educators

- Discuss Real Situations

Use everyday situations as teaching moments. When watching movies or reading books, pause to ask "How do you think that character feels?" or "Why might they have done that?"

- Model Empathetic Behavior

Children learn by example. Demonstrate empathy in your own interactions by actively listening, validating feelings, and showing compassion to others.

- Encourage Perspective-Taking

Ask questions like "How would you feel if that happened to you?" or "What do you think they were thinking when they did that?" to help children consider different viewpoints.

- Validate All Feelings

Let children know that all feelings are okay, even difficult ones. Help them name their emotions and understand that others have feelings too.

- Practice Active Listening

Show children how to truly listen by giving them your full attention, making eye contact, and reflecting back what you hear them saying.