

# The Formative Five

Empathy





## **Clear Target**

**Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.**



## Clear Target

### Clear Targets:

I can define empathy.

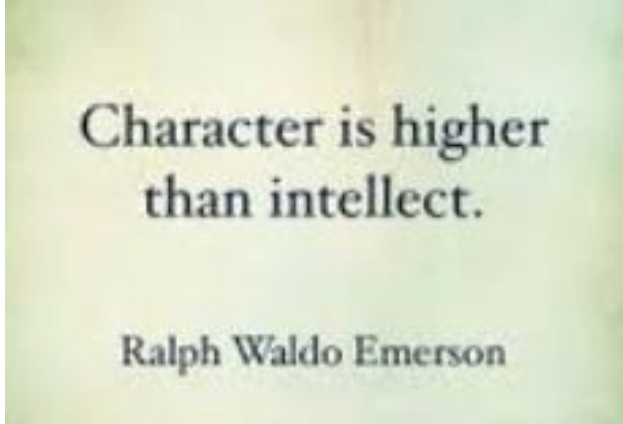
I can identify examples of empathy.

## What is The Formative Five?

The Formative Five are the five soft skills that students need to succeed in life.

They are:

- Empathy
- Self-control
- Integrity
- Embracing diversity
- Grit



Character is higher  
than intellect.

Ralph Waldo Emerson



## Today we will discuss....

1. What is empathy?
2. Why is empathy necessary?
3. How to show empathy?





# What is empathy?



**Definition: empathy [em-puh-thee] (noun)**

- 1. The understanding of or the ability to identify with another person's feelings or experiences.**
- 2. The ability to understand and share the feelings of another.**
- 3. Learning to see the world through others' perspectives.**

# EMPATHY

**“The art of stepping imaginatively into the shoes of others, understanding their feelings and perspectives, and using that information to guide your actions.”  
(Roman Krznaric).**









## **Why is empathy necessary?**

- **Empathy fosters self-awareness--the ability to accurately assess one's feelings, interests, strengths, and weaknesses.**
- **It creates a caring environment, a better school atmosphere and a stronger community.**
- **Helps us to treat others the way we want to be treated.**

# How can YOU be empathetic?





## How to be empathetic

1. Acknowledge other people's pain.
  - a. "That sounds really challenging."
2. Share how you feel.
  - a. "It makes me really sad to hear this happened."
3. Show gratitude that the person opened up to you.
  - a. "I'm glad you told me."





## **How to be empathetic**

**4. Show interest.**

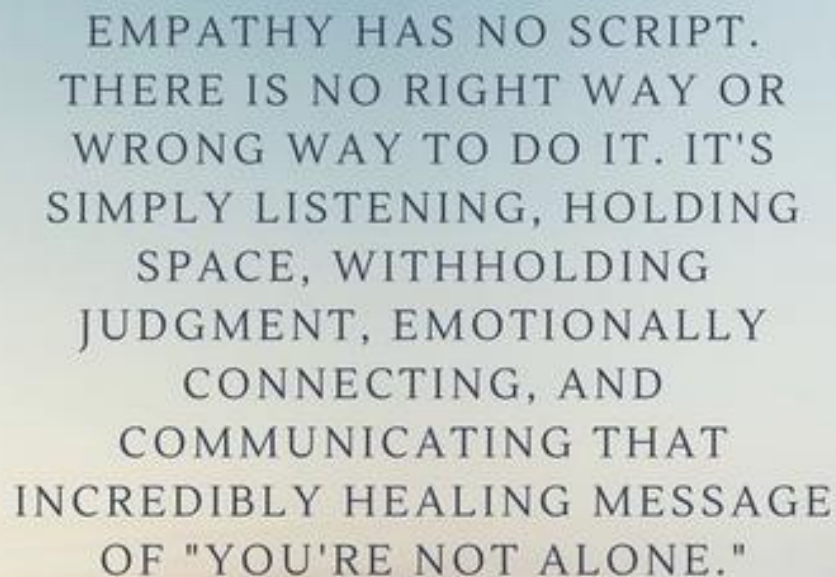
a. “How are you feeling about everything?”

**5. Be encouraging.**

a. “I’m in your corner.”

**6. Be supportive.**

a. “I’m here for you.”



EMPATHY HAS NO SCRIPT.  
THERE IS NO RIGHT WAY OR  
WRONG WAY TO DO IT. IT'S  
SIMPLY LISTENING, HOLDING  
SPACE, WITHHOLDING  
JUDGMENT, EMOTIONALLY  
CONNECTING, AND  
COMMUNICATING THAT  
INCREDIBLY HEALING MESSAGE  
OF "YOU'RE NOT ALONE."



## Under the Surface.....





## Exit Ticket

Choose one of the following questions to answer on the index card provided:

1. What does empathy mean to me?
2. Describe a time when you showed empathy to another person.