***Show Empathy* (Secondary)**

Have you ever had a disagreement with your friend, and you couldn't understand why they were so upset? Do you have a hard time understanding how others feel, especially if they feel different than you? When it's hard to understand another person's ideas or feelings, use the strategy ***show empathy*** to help you. ***Showing empathy*** means that you stop and think about how someone else may feel and why they might feel that way. You think about a time when you had similar feelings, and you show that person respect by trying to understand and communicating that understanding.

You can use clues from their facial expressions and body language. You can also ask the other person questions about how they are feeling. And then you can say something to communicate that you have thought about their ideas or feelings, like "It seems like you might be feeling …"

I used the strategy ***show empathy*** to help me understand why my friend Oscar didn't want to enroll in drafting class with me. Earlier in the year, we had talked about how fun it would be to create blueprints and 3D models, but when it was time to sign up for the class, Oscar didn't want to do it anymore. His face looked disappointed, and he wouldn't look at me. I asked him, "Why did you change your mind about enrolling in drafting?" After a few minutes, he explained that he had talked to the counselor. She had informed him that drafting would require knowledge of geometry, and he hadn't taken that class yet.

I thought about how Oscar was feeling. To ***show empathy***, I said, "It sounds like you really want to learn drafting but will need to take geometry first." We agreed that he should enroll in geometry and I would enroll in drafting, and we would tell each other about what we were learning in our classes. We could even design buildings on our own during our free time.

The next time you don't understand how someone is feeling, use clues from their facial expressions and body language. Ask questions to help understand their thoughts or feelings, and ***show empathy*** by communicating that you understand them.