



Think for the Future

# WOW Pack

## Empathy

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!



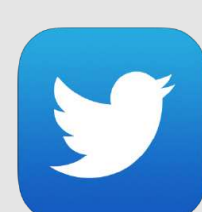
0115 718 0399



[www.thinkforthefuture.co.uk](http://www.thinkforthefuture.co.uk)



[contact@thinkforthefuture.co.uk](mailto:contact@thinkforthefuture.co.uk)



@TFTFuture

# Think about it: Empathy



## Match the reaction to the conversation!

Advising

One-upping

Educating

Consoling

Story telling

Shutting down

Sympathizing

Interrogating

Explaining

Correcting

Fixing

Empathising

**Nick:** I haven't done the homework for Maths!

**Aaron:** Don't worry I'll send you mine

**Nathan:** Look at my scar from the cycling accident.

**Tilly:** That's nothing, you should see the one I have on my knee.

**Cherie:** My mum got really cross with me last night.

**Lewis:** I wouldn't worry about it. Have you seen my new phone?

## Are these empathetic reactions to their friends problems?



# Empathy

**"Instead of putting others in their place, put yourself in their place".**

This quote helps us to understand that not everyone has the same emotion/ feeling towards every situation, and instead of judging based on our thoughts and opinions, we should try and see things from their point of view.



## What is empathy?

Empathy is the ability to understand and share the feelings of another person.

## Is it the same as sympathy?

No! Sympathy is feeling sorry for someone, or feeling compassion towards their situation, whereas empathy is being able to put yourself in their shoes and feel the same feelings they are.

## Why is empathy important?

Empathy helps us understand how others are feeling, and we can therefore respond better to situations. This helps our relationships with others, and ourselves! There is research to show that greater empathy leads to more helping and supportive behaviour, leading to better community and a better society!

## What are the benefits of being empathetic?

Builds trust  
and respect

Reduces  
tensions

Reduces  
negative  
mindsets

Helps create  
a safe  
environment

Improves  
communication  
skills

Check out this video on how people show empathy.

# Watch this

<https://www.youtube.com/watch?v=QVqZ4Wgl9q8>





# Showing empathy Top Tips



## Listen.

Time like these are hard, being stuck in lock down, only allowed to meet six people at a social distance, no shops are open.

People will be struggling with the lock down in their own way. Everyone will express their emotions differently. If someone is struggling with lock down, listen to them, show interest and help them think of ways they can improve things.

## Treat people as being important.

Start treating people as if they have as much importance as you do. Recognise that you aren't the only one living in this world and that you aren't some superior being. Listen to what they have to say. Make a positive fuss about what they have been up to. Show them that you are taking interest to what they have to say. Make them feel that their story/ experience does matter!

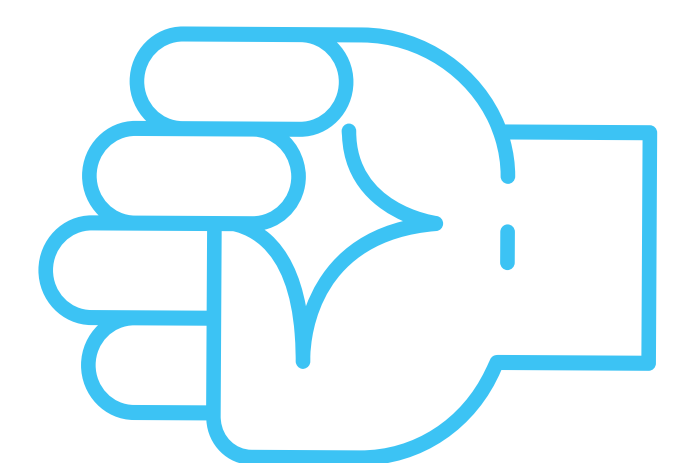


## Offer help.

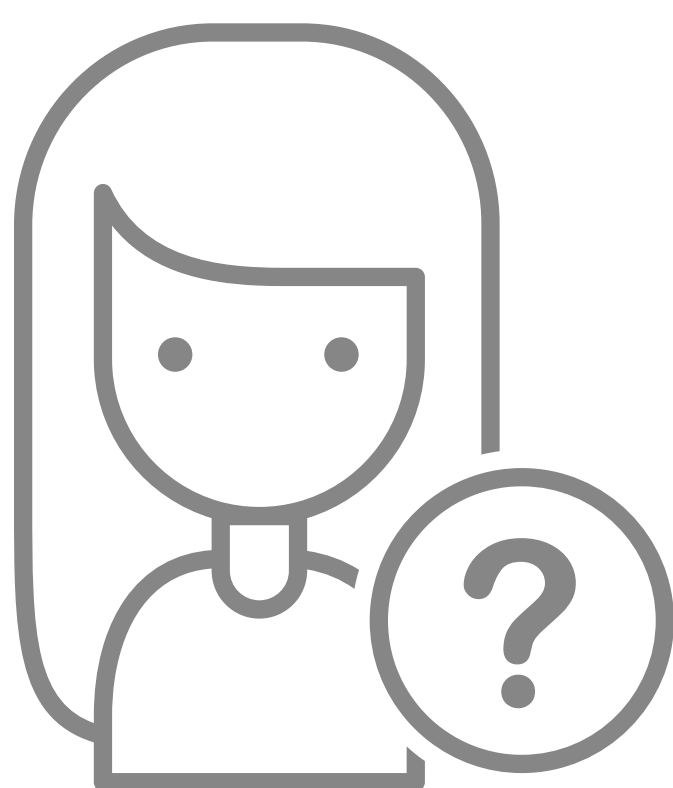
This shows that you see what someone is going through and you want to make life easier for them. Offering help is a great act of empathy, because it shows that you're willing to take time out of your day to do something for someone else without asking anything in return. People will appreciate it more than you will know. This will help them also develop them to show empathy to you in the future.

## Don't Try to Solve Their Problems.

9 times out of 10 people don't want you to solve their problems. They want you to listen so they can get it off their chest and help them to feel a little more relaxed about the situation. Sometimes telling people how they're problem can be fixed belittles it and makes it seem like you don't think it's a problem.



Acknowledge their feelings and work with them to think of a solution.



## Withhold judgement.

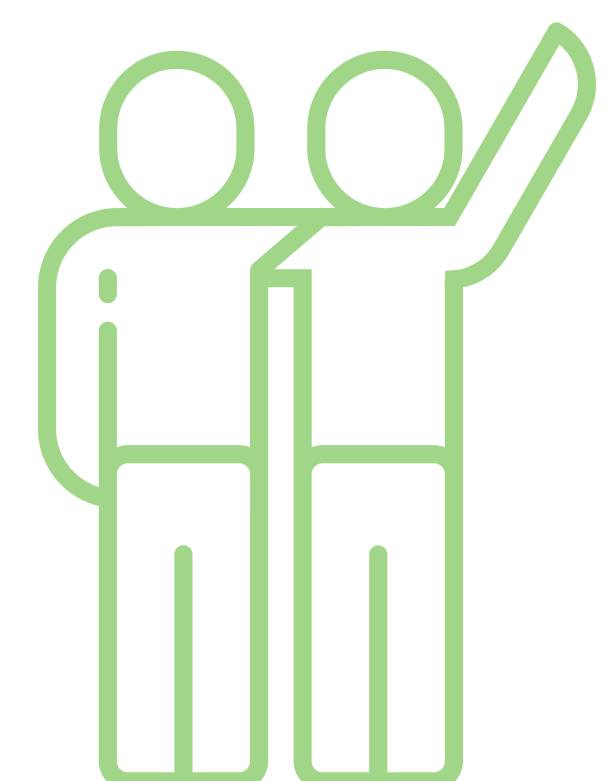
When listening to someone's story or experience, try to stop yourself from agreeing or disagreeing until they've said everything they want to say.

Instead, ask questions to help you understand the situation more and help them talk it out.

## Open up.

Being empathetic means you understand how they feel, and you feel it too. Tell them about your experiences and open up about difficult times you've had to show them you understand what they're going through.

Sometimes it is difficult for someone to open up, and it makes them vulnerable. Sharing a story of your own puts you back on equal footing, and allows the relationship to grow.



# 5 ways to build Empathy.



1

## Challenge yourself

Undertake challenging experiences which push you outside your comfort zone. Learn a new skill, for example, such as a musical instrument, hobby, or foreign language. Develop a new skill that can help you develop in life! Trying new things will humble you, sometimes you'll succeed and sometimes you won't! Humility is a key enabler of empathy.

## Get feedback.

Ask for feedback about your relationship skills (e.g., listening) from family, friends, and teachers and ask them regularly to see how you are doing. It's important to get feedback off your parents or teachers to check the progress that you are making, to see what you are doing well and what you could work on.

2

3

## Walk in others' shoes.

Talk to others about what it is like to walk in their shoes. Ask them about their issues and concerns and how they perceived experiences you both shared. It's great to share experiences and stories with people because it helps both of you develop and learn about each other, understanding what's it like to be like the other person!

## Get out of your usual environment.

Getting out of your usual environment for a little while is a great way to open your eyes to other people's ways of life. We all have a tendency to stick to the people we know, who more often than not are very similar to us! Try making new friends who have had different experiences growing up to you.

4

5

## Ask better questions.

A great way to start understanding people is asking people about their experiences. Listen to their stories and ask how they felt, how they feel about it now, why do they feel that way?

When we show interest and are open to hearing new things, people are much more likely to share with us.



# Share your experience!



Share with us a time when you have shown someone empathy!

Check out mentor Laura's story on empathy, and then tag us in yours



<https://www.youtube.com/watch?v=Hb9LqXeP48I>

## @TFTFuture



# Where else to look...



Click on the icons below!

**YOUNG**MiNDS

