

CHROMOSOMAL DIFFERENCES

to be
like me

SOCIAL-EMOTIONAL LEARNING (SEL)

Empathy

The dictionary defines empathy as, “the ability to understand and share the feelings of another.”



Did you know that there are 3 types of empathy?

- **Cognitive empathy** - ability to understand someone and see their perspective
- **Emotional empathy** - try to feel what the other person is feeling
- **Compassionate empathy** - understanding a person, relating to their feelings, and then taking action to help



Watch this video about a junior high football team in Michigan that learns about empathy.

Discussion Questions

What did the team decide to do for Keith?

How did it make Keith feel?

How did it make the team feel?

One player says, "I went from thinking about myself and my friends, to thinking about everyone else and caring about everyone else and trying to make everyone's day and everyone's life." How did thinking about someone else, benefit this player?

How does this story demonstrate the 3 types of empathy (Cognitive, Emotional, Compassionate)?

