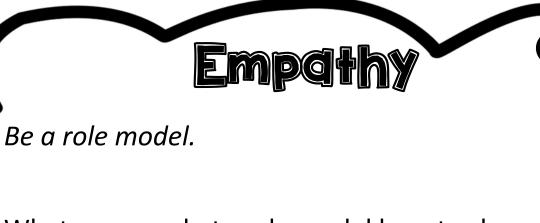
Recognizing emotions in others.

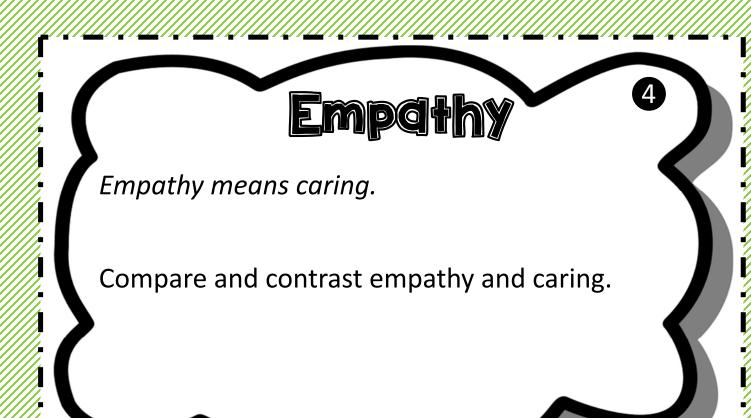
How do you know how others are feeling?
Why is it important to understand how others are feeling to show empathy?

Listening actively.

Why is it important to listen actively in order to show your empathy toward others? What does it mean to listen actively? What does it look like?



What can you do to role model how to show empathy to others?



Understanding point of view.

How can you put yourself in the shoes of others and truly understand their point of view?

Let go of biases.

Why is it important to let go of biases in order to become empathetic?

Do not judge others.

Why is it important not to judge others to show your empathy?

Empathy is actions and words.

Provide 2 examples of actions and statements you can use to show a person that you are empathetic.



Show genuine interest.

Provide advice as to how you can show sincere interest to somebody in need of your empathy.

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Be encouraging.

What 5 statements can you use to show encouragement toward the individual? (I'm here for you, you can do this...)