

A BRILLIANT ME IN ACTION ONE PAGE GUIDE TO...

EMPATHY

Empathy is the ability to understand and share the feelings of another. It includes both cognitive empathy (understanding someone else's perspective) and affective empathy (emotionally resonating with their experience). Empathy is a core competency within most SEL frameworks and supports compassionate, respectful relationships.

WHAT?

It is made up of 3 elements:

- **Feeling** – where we resonate with other people's feelings
- **Thinking** – where we use reason and imagination to work out how someone else feels
- **Acting** – where we are inspired to help others.

WHY?

Empathy strengthens relationships, increases safety and belonging, reduces conflict, and promotes inclusion. It's essential for kindness, compassion, and responsible decision-making.

SEL?

Empathy is an essential part of **social awareness**, **relationship skills**, and **responsible decision-making**.

FIND OUT MORE

- <https://www.empathylab.uk>
- <https://www.cam.ac.uk/research/news/one-term-of-empathy-training-measurably-improved-classroom-behaviour>
- <https://www.mentallyhealthyschools.org.uk/whole-school-or-college-resources/empathy-based-classrooms/>
- <https://www.teachfirst.org.uk/stories/how-we-taught-empathy-140000-students-worldwide>
- [Brene Brown on Empathy](#) You Tube Short Film - great for sharing with C&YP too!

SEE ALSO

- Attunement
- CASEL
- Children's Rights
- SMSC
- VIA Strengths

