

# Empathy

Empathy is the ability to understand how someone else is feeling or to understand the situation they are in. It is the ability to “**put yourself in someone else’s shoes**” and to understand the way a situation might make them feel.

Check out this short You Tube video on Empathy

<https://youtu.be/HznVuCVQd10>



## Reflection

- Do you know what empathy is? (if not check out the box below)
- What is empathy, and how is it different from sympathy? List some actions that show the differences between empathy sympathy.
- What does this saying mean? *“Don’t criticise someone until you’ve walked a mile in their shoes.”*
- Why do you think it’s easier for some people to empathise with others? What makes it difficult to show empathy?



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