



For each of these situations, create an empathic statement or describe a gesture that communicates empathy for the person in the situation.

1. Someone in your class just returned to school after a long illness. He or she is quieter than usual and isn't talking with others in the class.
2. Your neighbor just won a trip to Hawaii.
3. Your best friend just broke up with his or her boy/girlfriend. You think it's a good move. They were always fighting, but your friend doesn't want to do anything with you this weekend. You don't understand why.
4. You just walked by a person who was harassing another classmate. The classmate is ahead of you in the hall and is looking down.
5. Your friend just got a new puppy.
6. Your older brother just lost his job. He has had three jobs in the last two months and has been fired from each one. He doesn't seem upset, but wants to earn money for a car.
7. Your friend's mom is never home. Your friend is always stuck taking care of his or her younger sister. Lately, he or she is complaining a lot about it and has talked about running away.

Imagine that you are in the situation described below. What questions would you ask to be sure you find a resource that will help you?

No matter how hard you try, you can't seem to get anything right. You study, but your grades are poor. You have tried out for sports teams, but never make it. Other kids seem to have fun, but you don't find anything you enjoy doing. You think you need counseling and have selected three agencies to contact.