**Empathy Activity**

Empathy is being able to understand how someone is feeling. Sometimes, people confuse sympathy and empathy. When you show sympathy, you recognize an emotion in someone else. Empathy is feeling with or for someone. Both are great ways to show you care. How might you identify the differences between empathy and sympathy?

# Materials

* **Pebble Go Next** article “Empathy”
* writing utensil
* paper
* art supplies

# Directions

1. Write your own definitions of sympathy and empathy. Use the **PebbleGo Next** article “Empathy” to help you.
2. Brainstorm and record a list of examples of the ways people show empathy and sympathy. Try to think of as many as you can. To help, think about times you have felt sympathy and empathy for someone else. Also think of times someone else has shown you sympathy and empathy. For example, for sympathy you might write, “When my best friend’s pet died, I told them I was sorry.” For empathy, you may write, “When my best friend’s grandmother died, I gave her hug and felt sad myself.”
3. Choose one example from your sympathy list. Write and illustrate the example as a few scenes in a graphic novel.
4. Repeat step three with an example from your empathy list.
5. Share your graphic novel with a classmate. Ask them to share theirs with you. Discuss the similarities and differences between sympathy and empathy.

# Critical Thinking

1. Was it difficult to illustrate sympathy and empathy? Why or why not?
2. Describe a time you wished someone felt empathetic toward you.
3. Describe how sympathy and empathy are different from each other.