

Activity

Identifying Emotions

Understanding what others are feeling is the first step to empathy. Watch this video clip (no sound) and based on the individual's non-verbal cues and facial expressions, what emotion do you think he are feeling? The video clip is from the movie: ***The Pursuit of Happyness*** and focus your attention on the character Wil Smith is playing.

Activity

Expressing Empathy

Pair up and practice demonstrating empathy to your partner. For each of the following situations – provide an empathetic statement.

- To someone who is feeling overloaded with work
- To someone who is in a conflict with a co-worker
- To someone who has failed an important test/interview
- To someone who has suffered the loss of a significant relationship

What did the person do that conveyed empathy?

Please save and send this completed form to your facilitator.