



## Empathy Training Card

### Step 1

Understand the implied meaning of the other person's behaviour



### Step 2

Understand the feelings of the other person



### Step 3

Consider ways to make the other person happy or help him/her solve a problem



### Step 4

Respond with practical acts of care



Example: Your younger sister looks dejected. It turns out that she has to withdraw from a table tennis competition because she is injured.

- Step 1: Seeing younger sister come home dejected and go back to the room without eating any snacks. It turns out that she has to withdraw from the table tennis competition because she is injured.
- Step 2: Try to put yourself in her shoes—if I have prepared for the competition for such a long time, I would definitely be very disappointed if I couldn't compete.
- Step 3: Wanting to help your younger sister feel better.
- Step 4: Giving your younger sister a hug to comfort her: "I know you put a lot of effort into preparing for this competition, but unfortunately you got injured. I know you must be very disappointed. After you recover, we will practice together and you will definitely achieve better results in the next competition!"



Other examples for practice :

1. A friend is unhappy because he lost his favourite toy.
2. A classmate is crying because he fails to achieve the desired score in the exam.
3. A classmate cannot focus in class because his dad is sick.