



Empathy - Activity 1:

Empathy is a word that we use a lot in popular culture. Parents talk and think about it a lot, too!

Read these parent advice articles to learn a bit more about how empathy and empathy development are talked about in society:

<https://www.zerotothree.org/resources/5-how-to-help-your-child-develop-empathy>

<https://www.parents.com/toddlers-preschoolers/development/behavioral/toddler-empathy/>

Now think about your own childhood (and maybe talk to your parents about whether or not they remember thinking your “empathy switch just click[ed] on one day”). Do you remember learning about others’ emotions? Write down your thoughts and your parents’ thoughts here:

As noted earlier, learning to respond empathically continues into adulthood. Think of an example of the following:

1. A time when someone responded empathically to your excitement or distress

2. A time when you responded to someone else with empathy and prosocial empathic responding

3. A time when you felt too distressed at someone else’s distress to do anything about it

It is important to remember that, even though we might think about empathy as how we respond to someone else who is feeling excited or sad, when we talk about empathy scientifically, we are only talking about the emotion you are feeling. The



prosocial response is empathic responding. Now that you've thought about empathy and how you see it in everyday life, come up with your own definitions here:

Empathy:

Empathic Responding: