Attachment A

• Learning to recognize Sympathy versus Empathy (Option 1 Exercise)
  o Have the students decide whether the following statements are expressing sympathy or empathy.
    ▪ I am so sorry to hear that your grandmother passed away if there is anything you need please let me know. (Sympathy)
    ▪ I remember when I wrecked my car it was an upsetting experience. (Empathy)
    ▪ I know you feel terrible but receiving a bad grade on a test does not mean you will get a bad grade in the class. (Sympathy)
    ▪ When I broke my arm it took about a week before I felt better. (Empathy)
    ▪ I know it’s not easy to lose weight because I have faced the same problems myself. (Empathy)
    ▪ I feel so sad for the people in that hurricane (Sympathy)

• Changing Sympathetic statements to Empathetic statements (Option 2 Exercise)
  o Have the students change the following sympathetic statements to empathetic statements.
    ▪ Kyle was sorry to hear that Ryan was struggling in physics class.
    ▪ John never had a pet but he felt awful for Susie who just lost hers.
    ▪ Jackie was sorry for John, who lost his house in a fire.
    ▪ Mary was saddened by the news that her best friend Beth has just broken up with her boyfriend.