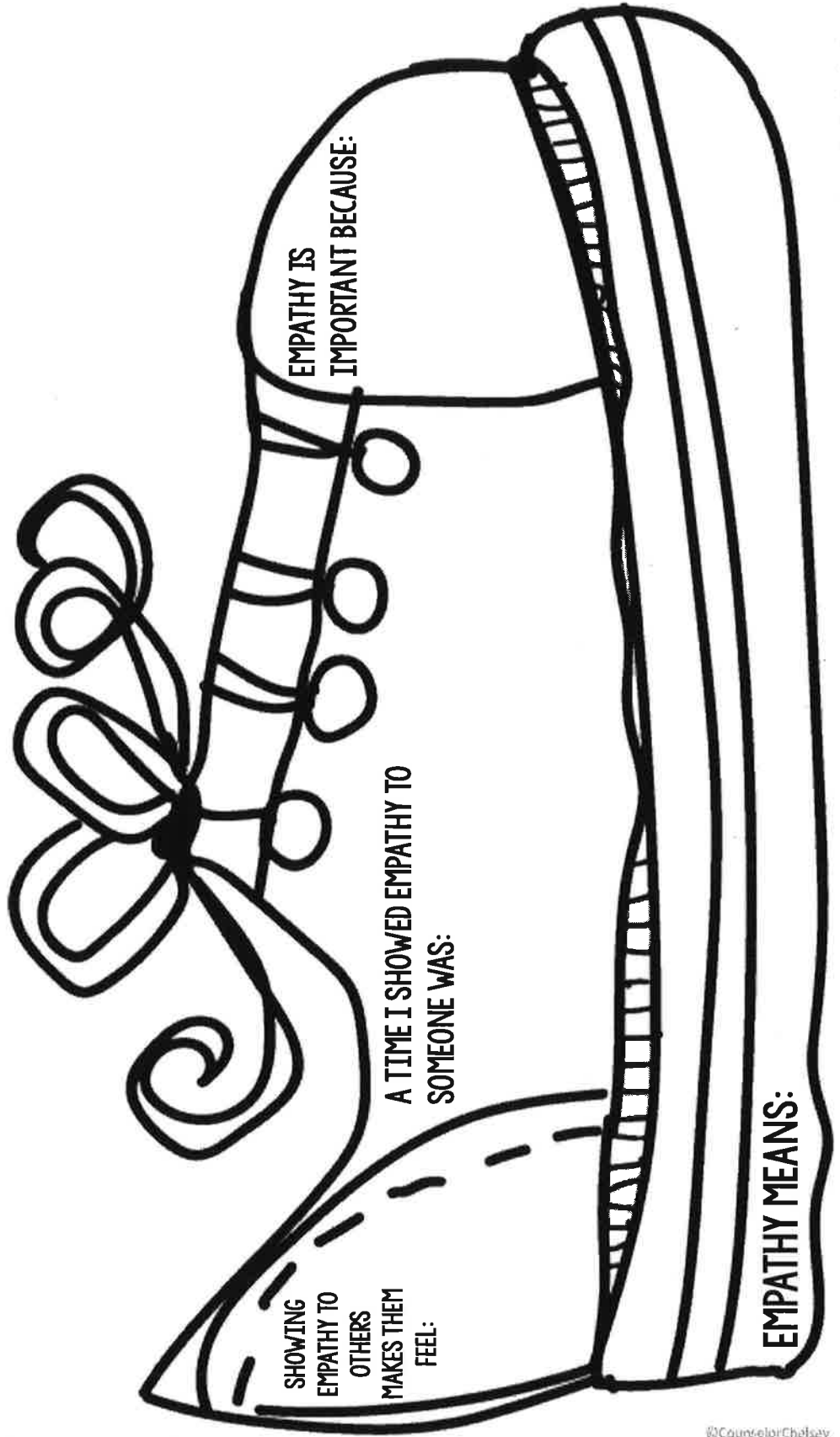


Name: _____

ALL ABOUT EMPATHY!

Empathy can be described as “walking in someone else’s shoes.” Look at the shoe below, and answer the questions about empathy!



Name: _____

RESPONDING WITH EMPATHY

Directions:

Look at the situations below, and then match each situation to the correct feeling and response. Record your answers in the answer box.

	Feeling	Response
Situation #1	_____	_____
Situation #2	_____	_____
Situation #3	_____	_____
Situation #4	_____	_____
Situation #5	_____	_____
Situation #6	_____	_____
Situation #7	_____	_____
Situation #8	_____	_____

1. There is a new student in your class, and it is her first day.
2. Your friend made the school dance team.
3. A boy in your class fell at recess and got his pants wet.
4. You see a girl sitting by herself at recess.
5. Your friend studied really hard for the spelling test, but got a bad grade.
6. Your friend keeps trying, but can't figure out the right answer on the math homework.
7. Your friend lost her favorite sweatshirt.
8. Someone broke your friend's tablet.

How does the person feel?

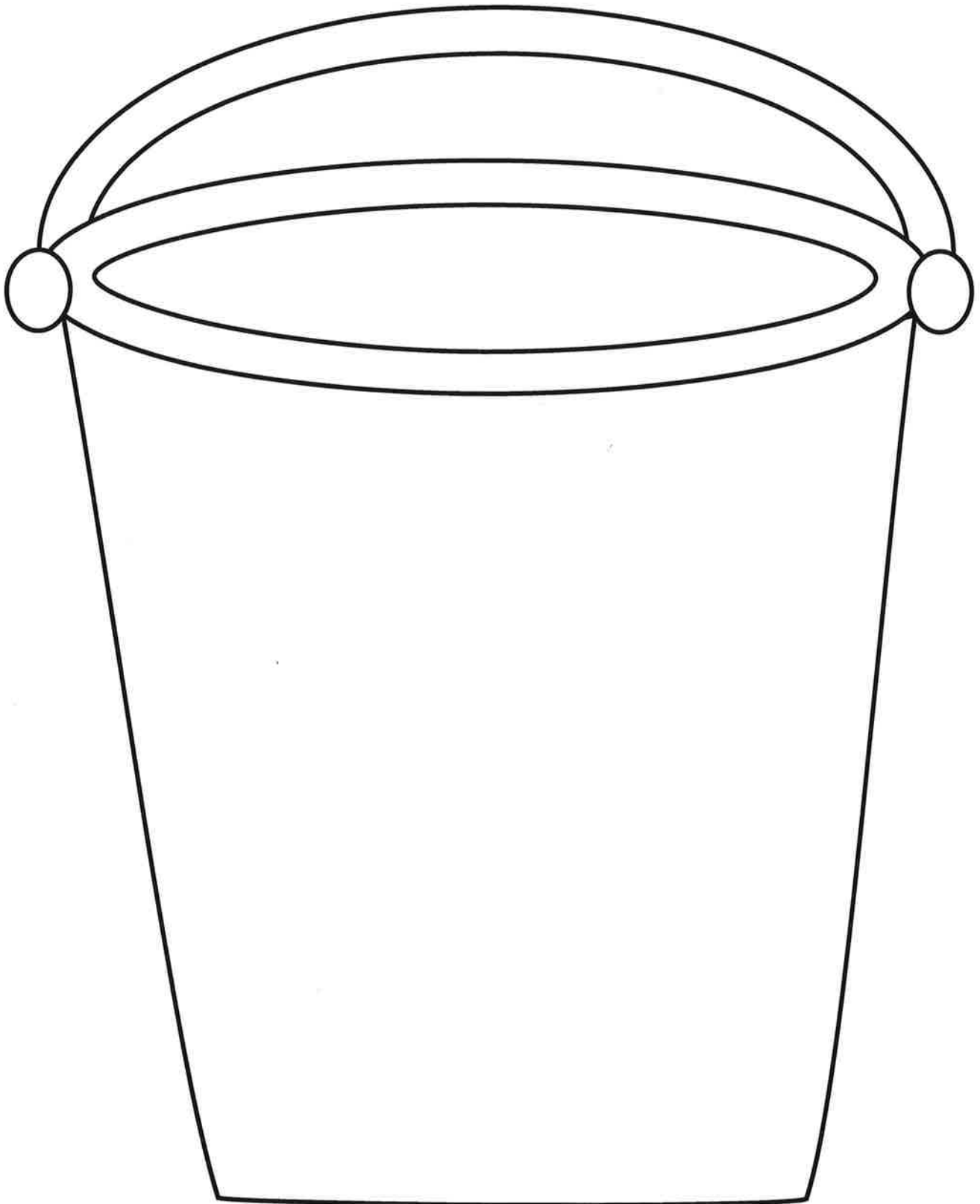
- A. Disappointed
- B. Sad
- C. Embarrassed
- D. Nervous
- E. Mad
- F. Proud
- G. Frustrated
- H. Lonely

What can you do?

1. Ask her to play soccer with you.
2. Tell her that you are proud of her.
3. Help her find it.
4. Let him borrow yours until his gets fixed.
5. Help him get the right answer.
6. Help her study for the next test.
7. Try to help him dry off his pants.
8. Talk to her to make her comfortable.

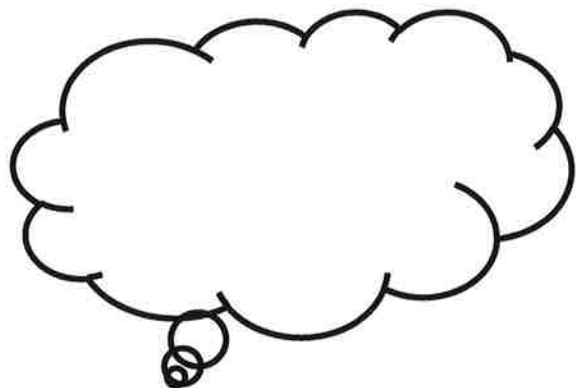
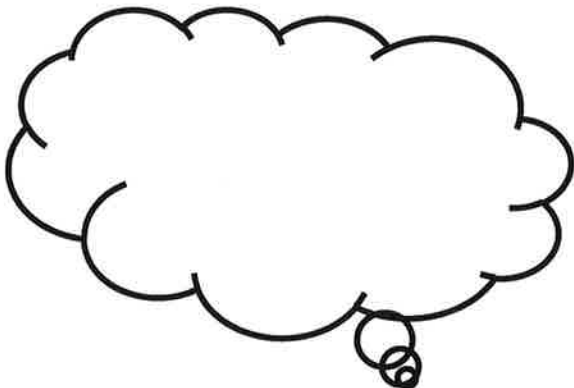
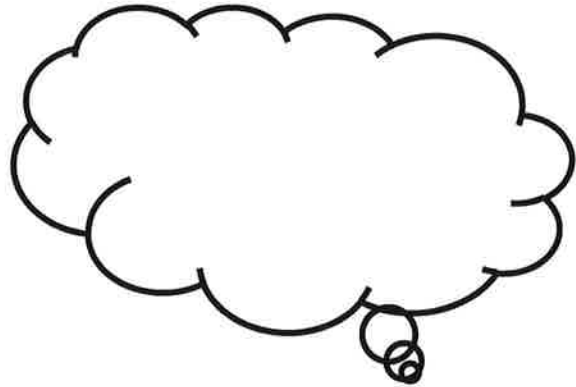
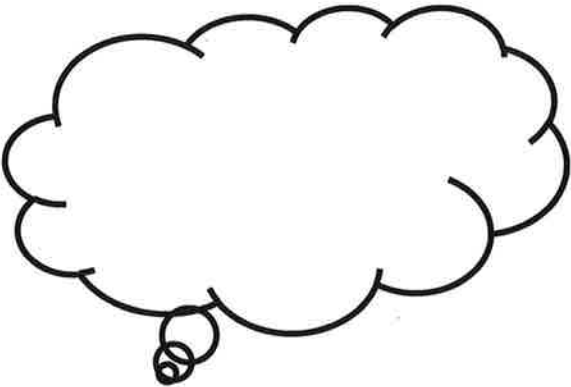
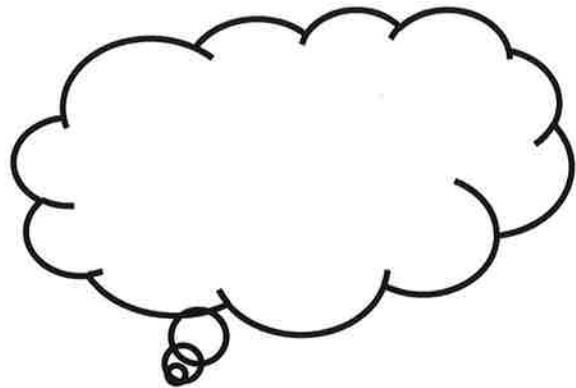
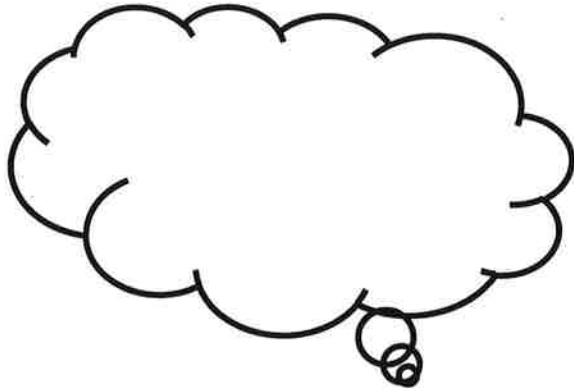
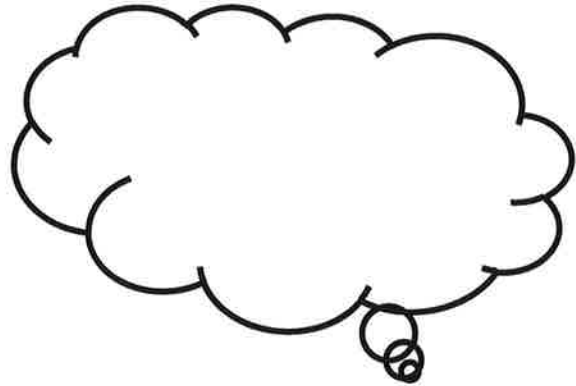
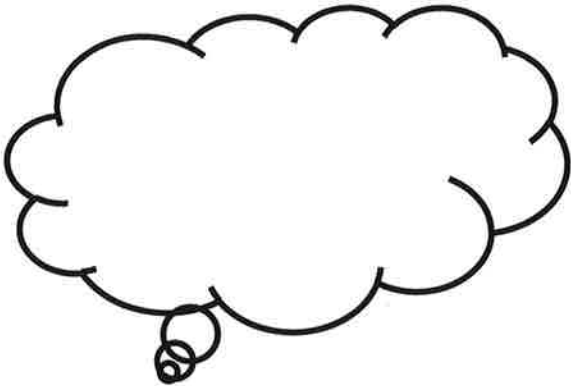
FILL A *bucket*

How can you fill someone's bucket today? Fill the bucket with meaningful compliments.



KEEP *your* COOL

There are lots of things you can say when someone is annoying you. Fill the speech bubbles with things that you can say when someone is bugging you.



SOLVE A problem

Below are listed some of the problems that you might face at school. Write a solution to each problem.

PROBLEM	SOLUTION
You have no one to play with at lunch time.	
Your two best friends are fighting.	
You did badly on your assignment.	
Another student swears at you.	
You don't understand the topic in class.	
Someone pushes in front of you in line.	
You forgot your homework.	
Your friend is being bullied at school.	
You see a younger student crying.	
There is an argument during a game.	

Name: _____

Coping Skills Worksheet

Fill in the sentences with coping skills from the word bank.



-Count slowly
-Take 5 deep breaths
-Listen to music
-Take a break
-Read a book

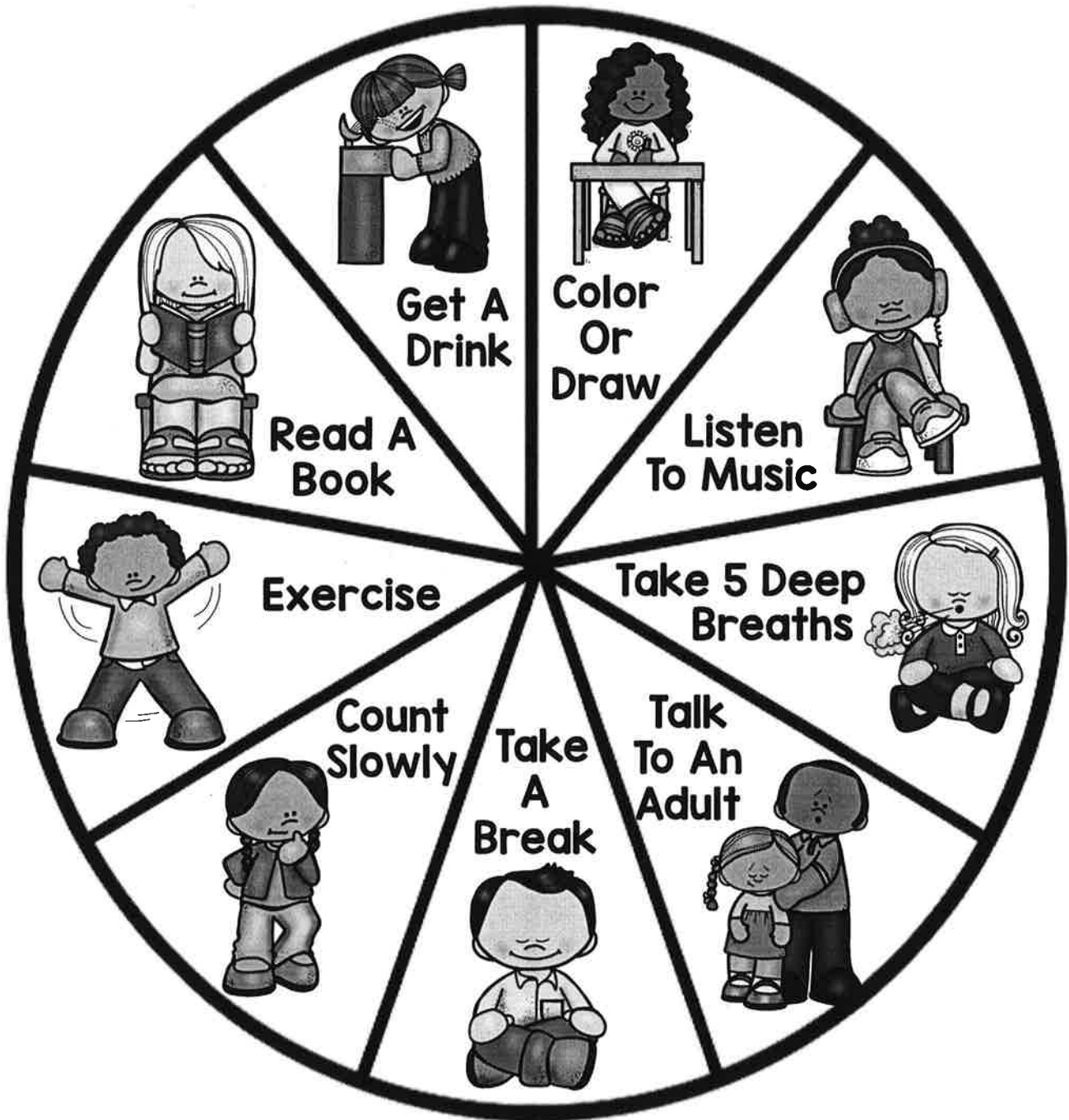
-Exercise
-Color or draw
-Talk to an adult
-Get a drink



1. Aiden is getting really frustrated with his homework. Aiden can calm down by _____.
2. Sara is sad because she doesn't want to go back to class after recess. Before going in the room, she can _____ to help calm down.
3. Devon is really worried that there will be a bad thunderstorm, he can _____ like his mom, dad or teacher.
4. Ayana is mad at her little sister. She can go outside and _____ to let off some steam.
5. Jaylen can _____ before class begins to make sure he is calm and ready to learn.
6. Olivia is really worried about her grades. It would be a good idea for her to go to her room and _____ to get her mind off it.
7. Jack feels like yelling at his little brother. He can close his eyes and _____ to 10 to help calm him down.
8. Lily is sad about her friend moving. Lily can _____ to get her feelings out on paper and feel better.
9. Connor is mad at his mom. Instead of yelling at her, he could put on headphones and _____ to calm down.

Coping Skills Wheel

9 ways to handle big emotions



Which will you choose?

Coping Skills Puzzle

Cut out and solve as you learn how to handle big feelings such as anger, sadness and worry.

