

EMPATHY QUALITIES AND RESPONSE

STUDENT
REFERENCE GUIDE



Lessons in Mental Health

Empathy is the ability to understand and share another person's feelings. In difficult conversations, we often try to make things better.

An empathetic response doesn't have to have a solution.

In this activity, you will highlight the 4 qualities of empathy and, using Canva, illustrate an "empathetic response".

Characteristics of Empathy:

The key qualities of empathy include:

- Seeing things from their side (perspective-taking)
- Not jumping to conclusions (staying out of judgment)
- Noticing their feelings (recognizing emotions)
- Showing you understand (communicating understanding)

Empathy Activity

Step 1

- Using Canva, illustrate and label the 4 qualities of Empathy.

Step 2

- Craft an empathetic response: Think of a difficult situation and write a response using the 4 qualities of empathy. (e.g., "That sounds really tough. I can see why you're upset. Thanks for sharing.")
- Use graphics, pictures, or icons to illustrate your response.

Turning In Your Activity

- Create your project using Canva.
- Ensure you complete step 1 & 2 in the same file.
- Download your file and upload online to: Empathy Qualities and Response



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- Use this worksheet as is, or view the Canva link for a fully modifiable template.
- Link: [Empathy Qualities and Response](#)
- Canva is FREE for all teachers.
- You are welcome to download and use this resource for your personal and classroom needs. However, any redistribution, whether free or paid, or unauthorized publication online is strictly prohibited.