

EMPATHY

Student Worksheet



Lessons in Mental Health

Empathetic Behaviors vs. Lack of Empathy or Sympathy

Instructions: Read each scenario carefully and determine whether the response demonstrates empathetic behavior, a lack of empathy, or just sympathy. Write down your choice next to each scenario. For the last two questions, create your own empathetic responses for the scenarios.

1. **Scenario:** Your friend is visibly upset after failing a major test.

Response: "Oh that's too bad, I have no idea how I did so well on the test. I am sure you will do better next time."

Choice: Empathy, Lack of Empathy or **Sympathy:** _____

2. **Scenario:** Your classmate lost their pet dog over the weekend.

Response: You sit with them during lunch and say, "I remember how hard it was when my pet passed away. It's tough, but you're not alone."

Choice: **Empathy**, Lack of Empathy or Sympathy:

3. **Scenario:** Your sibling is upset about an argument with a close friend.

Response: "Why are you always making such a big deal out of things? Just forget about it."

Choice: Empathy, **Lack of Empathy** or Sympathy: _____

4. **Scenario:** Your teammate is feeling anxious before a big sports match.

Response: "I totally get it. I remember feeling nervous before our last game too. You've got this!"

Choice: **Empathy**, Lack of Empathy or Sympathy: _____

5. **Scenario:** Your classmate is visibly sad after their artwork was criticized by the teacher.

Response: "Oh well, don't take it so seriously. It's just art."

Choice: Empathy, **Lack of Empathy** or Sympathy:_____

6. Scenario: Your friend is going through a tough time due to family issues.

Response: "I'm really sorry to hear that. If you ever want to talk or need anything, I'm here for you."

Choice: **Empathy**, Lack of Empathy or Sympathy:_____

7. Scenario: Your sibling is upset about not getting invited to a party.

Response: "You're overreacting. It's not a big deal."

Choice: Empathy, **Lack of Empathy** or Sympathy:_____

8. Scenario: Your classmate is stressed out about an upcoming presentation.

Response: "I know how nerve-racking it can be. You are not alone in feeling nervous. If you need any help practicing, just let me know!"

Choice: **Empathy**, Lack of Empathy or Sympathy:_____

9. Scenario: Your friend is sharing their excitement about getting accepted into a college.

Response: "That's nice. I wish something like that would happen to me."

Choice: Empathy, **Lack of Empathy** or Sympathy:_____

10. Scenario: Your friend is struggling with a heavy workload and upcoming exams.

Response: "I understand how stressful it can get during exam season. Let's find a way to study together and support each other."

Choice: **Empathy**, Lack of Empathy or Sympathy:_____

11. Scenario: Your cousin is upset about not making it to the school basketball team.

Response: "Oh that's too bad. I made our team. Maybe it's just harder at your school. Well, there's always next year. Don't let it bother you."

Choice: Empathy, Lack of Empathy or **Sympathy**:_____

12. Scenario: Your friend is nervous about giving a speech in front of the class.

Response: "Why are you so scared? Just get it over with."

Choice: Empathy, **Lack of Empathy** or Sympathy:_____

13. Scenario: Your teammate is struggling with a difficult sports move during practice.

Response: "Come on, it's not that hard. Just try again."

Choice: Empathy, **Lack of Empathy** or Sympathy:_____

14. Scenario: Your friend is feeling overwhelmed with schoolwork and extracurricular activities.

Response: "I know how it feels to have so much to do. Hang in there, and if you need help, just ask."

Choice: **Empathy**, Lack of Empathy or Sympathy:_____

15. Scenario: Your close friend just went through a difficult breakup with their boyfriend. They're feeling heartbroken and lost.

Response: "Oh that's too bad that happened to you. I'm sure you'll be over it pretty soon."

Choice: Empathy, Lack of Empathy or **Sympathy**:_____

Create your own empathetic response for the following scenarios:

16. Scenario: Your mutual friend has recently ended their friendship with your close friend. Your close friend is feeling really hurt and confused by the sudden loss of their friendship.

Empathetic Response: I can understand how painful and confusing this must be for you. It's really tough when a friend we care about ends the relationship. I want you to know that your feelings are completely valid, and it's okay to be upset. I'm here to listen and support you through this. If you want to talk about what happened or just need someone to spend time with, I will always be your friend and am not going anywhere.

17. Scenario: Your friend tried out for the school soccer team but didn't make it. They're feeling disappointed and frustrated about not being selected.

Empathetic Response: I can see how much you wanted to be on the soccer team, and it's completely normal to feel disappointed right now. I want you to know that your effort and courage in trying out are admirable, and it doesn't define your skills or worth. It's okay to feel upset, I would too. If you're open to it, we can practice together to help get you ready for next year.