

Empathy Action Plan

1.) Empathy means...

- ☐ Understanding how someone else feels.
- ☐ Imagining what it's like to be in their shoes.
- ☐ Taking action to show you care.

2.) Who needs empathy?

Think of someone who might need support this week.

This could be:

- A friend
- A classmate
- A family member
- Someone new to school

Write their name or describe them:

3.) What action will I take to show them empathy?

4.) Why does this action matter?

This action will show I've got their back because:

5.) How will they feel?

Draw a face or write a few words to show how you think this person will feel after your action:

6.) My empathy promise...

This week, I promise to...

Plan Signed by:
