



# Using Empathy Essentials with Friends

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1 What is the setting?

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2 Who are the characters?  
Circle the main character.



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3 What is empathy?

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4 Draw in how Maya felt when Kiara kept talking about the party.





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How did Kiara figure out how Maya was feeling?

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What did Kiara do to show Maya empathy?

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What are two ways you can use the Empathy Essentials?

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Why is it important to show our friends that we understand and care about their feelings?



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