

Name _____

LESSON 3 Friendship and Bullying

Understanding Others

Empathy is the ability to understand and share in how someone else might be thinking or feeling. When we look at a situation from another person's perspective, we are better able to respond with **compassion**, kindness, and concern.

Read the scenarios. Then answer the following questions to the right of each scenario:

What do you think the person is thinking and feeling?
How might you respond with compassion?



Raul's Story

Raul wants to play varsity soccer. He spends all his free time practicing. Raul tells you that tryouts went well, and he feels confident. You go together to see the list of players who made the team. Raul's name is not shown.

Celeste's Story

Your class is assigned to present speeches. Celeste is the first person to present. She seems nervous. In the middle of her talk, she forgets what she wants to say. Celeste stands quietly for a few moments. Some classmates laugh. The teacher offers to give Celeste another day to prepare.



Scripture

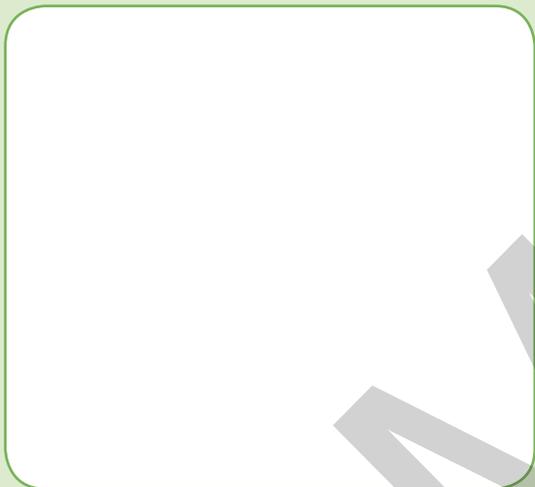
For God did not give us a spirit of cowardice but rather of power and love and self-control.

2 Timothy 1:7

Share God's Grace

We are called to share God's grace with others. We can do this through acts of kindness and love in our everyday lives.

Imagine it is five years in the future. You have become known for your empathy and compassion. Complete the following profile that describes your future self.



Emblem/Symbol



Prayer

Hail Mary

*Hail, Mary, full of grace,
the Lord is with thee.*

*Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.*

Holy Mary, Mother of God,

pray for us sinners,

now and at the hour of our death.

Amen.

Nickname: _____

Catchphrase/Motto: _____

About Me: _____

Examples of how I build up others with my words and actions:

1. _____

2. _____

3. _____
