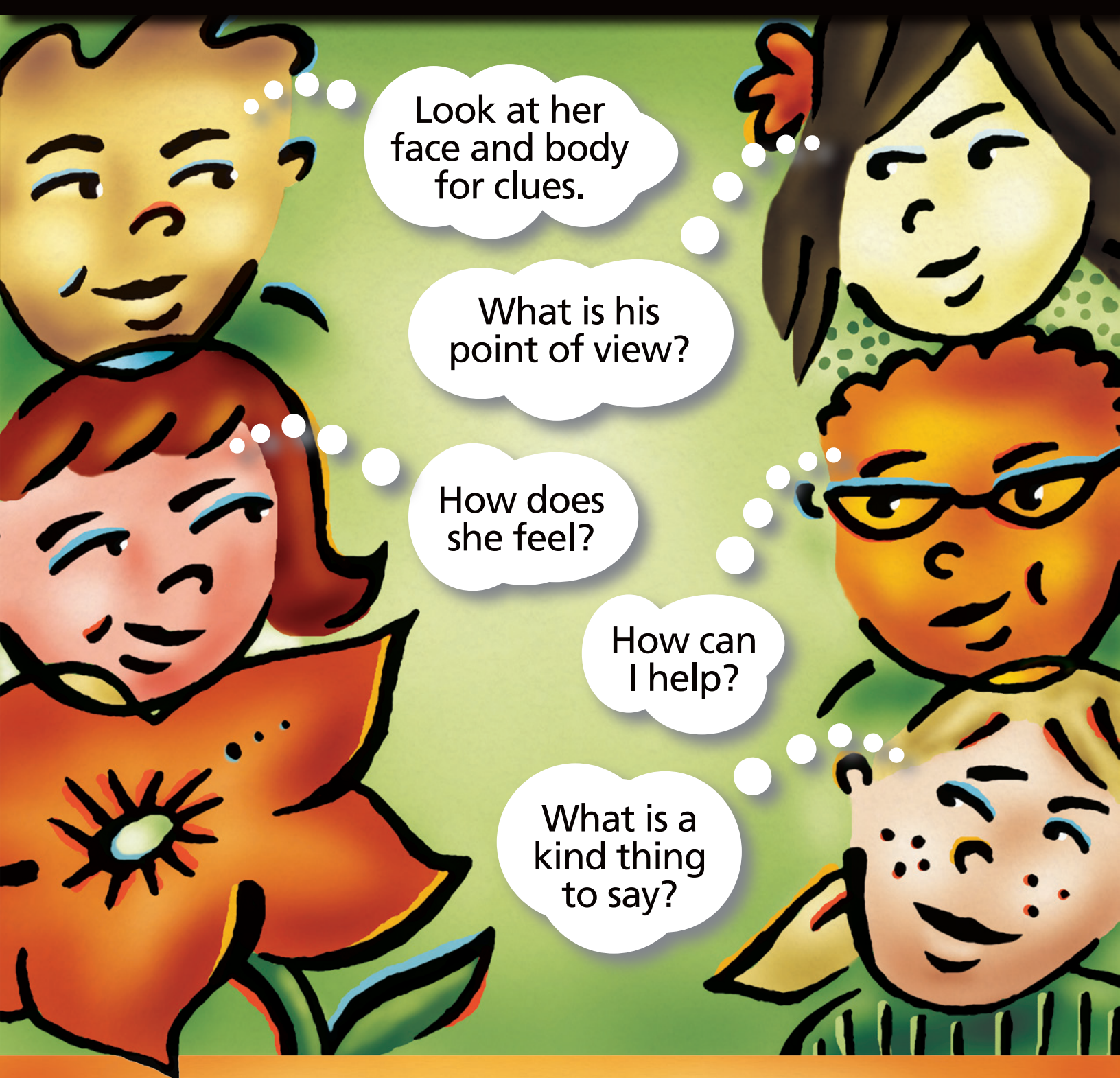


Empathy

is feeling or understanding what someone else is feeling.



Look at her face and body for clues.

What is his point of view?

How does she feel?

How can I help?

What is a kind thing to say?

Compassion is empathy in action!

How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk

Problem-Solving Steps



S

Say the problem

.....
without blame

T

Think of solutions

.....
safe and respectful

E

Explore consequences

.....
what could happen if...

P

Pick the best solution

.....
make your plan