



# Empathy



Understanding how others feel — even when it's different from how YOU feel

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## What IS Empathy?

Empathy means putting yourself in someone else's shoes. It's NOT about having the same feelings — it's about trying to UNDERSTAND their feelings.

### There are two kinds:



Cognitive Empathy — understanding what someone is thinking or feeling



Emotional Empathy — actually feeling what someone else feels alongside them



### Empathy LOOKS Like...

- Listening without interrupting
- Saying 'that makes sense' or 'I get it'
- Noticing when a friend seems off
- Asking 'are you okay?'
- Not making fun of someone's feelings



### Empathy Does NOT Mean...

- Agreeing with everything they say
- Fixing their problem for them
- Feeling sorry for them (that's sympathy)
- Pretending to understand
- Ignoring your OWN feelings

## Read & Think:

*Jordan scored the winning goal at soccer. His best friend Maya didn't play well today and looks upset, even though the team won. Jordan wants to celebrate but notices Maya standing alone.*



## Your Turn — Answer these questions:

1. How do you think Maya is feeling right now?

2. What could Jordan say to show empathy WITHOUT ignoring his own happiness?

3. Think of a time someone showed YOU empathy. How did it make you feel?



## Empathy in Action — Check all you'll try this week:

☐ Ask a friend how they're doing

☐ Listen without my phone

☐ Say 'I understand'

☐ Notice someone's body language

✈ Connect this to S.O.A.R.: How does this skill help you choose the right ACTION? ✈



# Conflict Resolution



Working through disagreements so *BOTH* people feel heard  
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## 💡 What IS Conflict Resolution?

Conflict is **NORMAL** — it happens when two people want different things or see things differently. Conflict resolution means working it out in a way that is fair and respectful.

**The goal is NOT to WIN. The goal is to UNDERSTAND each other and find a solution together.**

## 📌 The 5-Step Conflict Resolution Ladder

- |          |                                                                               |
|----------|-------------------------------------------------------------------------------|
| Step 1 🛑 | STOP & BREATHE. Don't react right away. Take a breath first.                  |
| Step 2 👂 | LISTEN. Let the other person share their side <b>WITHOUT</b> interrupting.    |
| Step 3 👤 | SPEAK. Use 'I feel...' statements. Say how <b>YOU</b> feel without blaming.   |
| Step 4 🔍 | FIND COMMON GROUND. What do you <b>BOTH</b> want? Look for what you agree on. |
| Step 5 ✅ | AGREE ON A SOLUTION. Come up with something you can <b>BOTH</b> live with.    |

## 📖 Read & Think:

*Aaliyah and her brother Deon both want to use the family tablet at the same time. Aaliyah needs it for homework. Deon wants to watch a video he's been waiting all day to see. They start arguing and their mom tells them to work it out themselves.*

## ✎ Your Turn:

1. What does Aaliyah need? What does Deon need?

2. Write an 'I feel...' statement Deon could use:

"I feel \_\_\_\_\_ when \_\_\_\_\_ because \_\_\_\_\_."

3. What is **ONE** solution that could work for both of them?

☆ Which conflict skill do you want to work on most?

|                                             |                                           |                                                    |                                                  |
|---------------------------------------------|-------------------------------------------|----------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Staying calm first | <input type="checkbox"/> Really listening | <input type="checkbox"/> Using 'I feel' statements | <input type="checkbox"/> Finding a fair solution |
|---------------------------------------------|-------------------------------------------|----------------------------------------------------|--------------------------------------------------|

✈ Connect this to S.O.A.R.: How does this skill help you choose the right ACTION? ✈



# Inclusion



Making sure *EVERYONE* feels like they belong  
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## 💡 What IS Inclusion?

Inclusion means actively making sure people feel welcomed, valued, and like they belong — especially people who might be left out.

**It's NOT just about tolerating people who are different. It's about CELEBRATING differences and making sure everyone has a place at the table.**

### 🚫 Exclusion (Leaving Out)

- Only inviting your close friends
- Making inside jokes others can't join
- Choosing teams that leave someone last
- Ignoring someone new
- Making someone feel 'different' in a bad way

### 🌟 Inclusion (Bringing In)

- Inviting someone who's alone
- Explaining the joke so everyone gets it
- Making sure everyone gets a turn
- Introducing yourself to someone new
- Celebrating what makes people unique

## 📖 Read & Think:

*A new student named Priya just joined the class. At lunch, she's sitting alone because she doesn't know anyone yet. Your friend group has a full table but there IS room if someone scoots over. Your friends are in the middle of a funny conversation.*

## ✍️ Your Turn:

1. How do you think Priya feels right now?

2. What could YOU do to include Priya? Write at least two ideas.

3. Have YOU ever felt left out? What would have helped?

★ Inclusion Challenge — Try one this week!

☐ Sit with someone new

☐ Learn something about a classmate you don't know well

☐ Invite someone left out to join

☐ Give a genuine compliment



**Remember: Three is NOT a crowd.**

*There is always room for one more when your heart is open.*

✈ Connect this to S.O.A.R.: How does this skill help you choose the right ACTION? ✈