

Name _____

Date _____

Reaching Out

Part 1:

Spend some time with a caring adult reflecting on three *people or organizations* you would like to support in some way over the next few weeks. List them below.



- _____
- _____
- _____

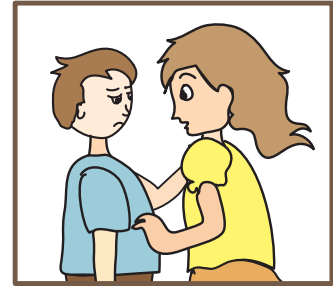
What is one thing you can do now to support one of the people or organizations above? (Examples: Write a kind letter to a friend who is having a difficult time, do the dishes when no one asks, volunteer for a favorite organization in town, etc.) Write your answer below, and, if possible, complete your chosen activity now.

After completing your chosen activity, write down what you noticed. How did it feel to take part in this caring activity?

Reaching Out

Part 2:

One of the greatest ways to share empathy and understanding is through listening.



Right now, ask a caring adult to share how their day was for them. Ask this adult to share one high (positive) and one low (a challenge) from their day.

Take time to listen to what this person says and repeat back to them what you heard to check for understanding.

After participating in this kind listening practice, answer the questions below:

What was that like for you? Was this challenging? Difficult?

What did it feel like to repeat back to the person with understanding?

What does empathy and kindness mean to you after practicing kind listening with a caring adult?
