

## **Empathy**

Empathy refers to an understanding and sensitivity to another person's feelings. The concept is often described to children as putting yourself in the other person's shoes to imagine how the other person is feeling.

Get your students to write down certain feelings that a victim may feel like when bullied for a long period of time.

Can we empathize and understand how we can help as bystanders.

Besides speaking up to an adult what else can we do to help victims of bullying.