



♥ Empathy Builder Guide for Teens

Because understanding someone else's shoes starts with noticing they're wearing them

🧠 Why Empathy Matters

Empathy helps teens navigate friendships, family dynamics, social media, and conflict with compassion. It's not just about being "nice"—it's about being emotionally present, curious, and kind even when it's hard.

🔧 Empathy-Building Activities

🗣️ Perspective Prompts

- "What might they be feeling right now?"
- "What would I want someone to say to me in that situation?"
- "What's a kind way to respond—even if I don't agree?"

📖 Story-Based Exercises

- Read or watch something with emotional depth, then ask:
"Which character did you relate to?"
"Who had the hardest moment?"
"What would you say to them if you could?"

💬 Role Reversal Games

- "You're the teacher, I'm the student—how would you explain this kindly?"
- "Pretend you're your best friend—what advice would you give yourself?"

📔 Empathy Journaling

- "Today I noticed someone..."
- "A time I felt misunderstood was..."
- "One way I showed kindness this week..."
- "Someone I admire for their empathy is..."

✖ Kindness Challenges

- Compliment someone sincerely
- Ask someone how they're doing—and really listen
- Include someone who's left out
- Write a note to someone who's having a tough time

💡 Tips for Parents

- Model empathy in everyday moments: "That cashier seemed stressed—let's be extra kind"
- Praise empathetic behavior: "That was really thoughtful of you to check on your friend"
- Use media moments to spark discussion: "How do you think that character felt?"
- Encourage emotional vocabulary: "Are you feeling frustrated, disappointed, or something else?"

🎨 Printable Ideas to Pair With This Guide

- "Empathy Bingo" with acts of kindness and perspective-taking
- "Feelings Decoder" cards for recognizing emotions in others
- "Kindness Tracker" scroll
- "What Would You Say?" response cards
- "Empathy Journal Prompts" tear-off pad

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