

**Group 1 - Elise  
, Bryan, Angel,  
Jazmin**



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<https://tinyurl.com/C51-Empathy>

Building/Deepening Empathy

**Transparent**

**listening**

**think about  
peoples  
background**

**Practice the  
skill of  
thinking  
outside of  
ourselves.**

Group 2 -  
Giovanny,  
Anthony,  
Jorge, Devon



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## Building/Deepening Empathy

Have  
Awareness

have  
critical  
thinking

Altruism

Try to relate  
issues to  
things in your  
life or  
someone you  
hold close

Active  
listening

Be open  
minded

Analyze  
the  
situation

Take  
action for  
those  
need help

volunteer

being  
emotionally  
intelligent

Communication

be a  
leader

be  
educated

Listen to  
stories from  
those others  
ignore

**Group 3 -  
Rachel, Blaire,  
Esther,  
Michael**



**Open  
Minded**

# Building/Deepening Empathy



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**Constant  
Communication.**

**Engage in  
different  
cultures**

**Sympathy**

**Compassion**

**Volunteer**

**education**

**Kindness**

**Constant Effective  
Communication**

**Active  
Listening**

**Blaire-ness  
(optional)**

**Deliberate  
Conscious  
Action**

**Nicholas,  
Daya,  
Cordell**



**Learning  
about  
other  
cultures,**



**Building/Deepening Empathy**

**"Walk a  
mile in  
their  
shoes"**

**How to be  
more  
empathetic**

**Reading books on  
social injustice and  
deconstructing  
problematic ideals**

**Put forward  
genuine effort and  
interest when  
learning about the  
lives and struggles  
of others**

**Instead of thinking  
how a situation can  
benefit you, think of  
how a situation can  
benefit someone  
else.**

**Hug others  
and tell them  
how much  
you care  
about that  
person.**

**Spending time at  
homeless shelters,  
food pantries.  
Giving back to the  
less fortunate**

**Understanding  
cultural, geological,  
and historical  
contexts that a  
person or peoples  
are influenced by.**



Group 5 - Tac,  
Sunday ,Jesus,  
Donnae



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Educate yourself on  
different types of  
oppressions that are  
still active in society

## Building/Deepening Empathy

willing  
to  
learn

be  
humble

Notice  
body  
language  
cues

Travel to  
different  
countries

Volunteer  
at  
homeless  
shelter

Experience  
different  
cultures

Volunteer at a  
retirement  
home.

Volunteer  
at a youth  
center

Walk in  
the shoes  
of others

Volunteer  
at a  
hospital

Attempt  
to learn a  
new  
language

Know that  
everything  
doesn't have  
to be an  
argument

Think  
logically, not  
emotionally

Learn how to  
take  
constructive  
criticism as  
well as give

Step out  
of your  
comfort  
zone

Be willing  
to give  
before  
you take

Be  
aware  
of bias

Ask  
before  
you  
assume

Let someone  
in when  
they're trying  
to merge

Try to visit  
the  
museum  
of history

Withhold  
judgment