Group 1 - Elise , Bryan, Angel, Jazmin





Building/Deepening Empathy

Transparent

listening

think about peoples background

Practice the skill of thinking outside of ourselves.

Group 2 -Giovanny, Anthony, Jorge, Devon





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

be a leader

Listen to stories from those others ignore

Communication

be educated Group 3 -Rachel, Blaire, Esther, Michael



Open Minded

Building/Deepening Empathy

i.c.stars | *

Sympathy

Compassion

Constant Effective Communication

Constant Communication. Engage in different cultures

Kindness

Active Listening

Blaire-ness (optional)

Deliberate Conscious Action

Volunteer

education

Nicholas, Daya, Cordell





Learning about other cultures,



Building/Deepening Empathy

"Walk a mile in their shoes"

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

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

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

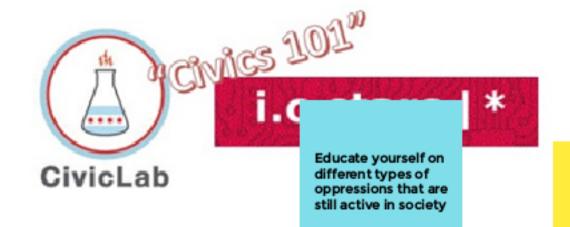
Hug others and tell them how much you care about that person. How to be more empathetic

Reading books on social injustice and deconstructing problematic ideals

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

Group 5 -Tac, Sunday ,Jesus, Donnae





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