




Commissioned by  
 KAISER PERMANENTE®



Name: \_\_\_\_\_

# EMPATHY

## SHARE YOUR STORY

What is your story? Draw or write about your experience in Quarantine.

A large, empty rectangular box with a thin black border, intended for the user to draw or write their story. The box occupies most of the lower half of the page.

# EMPATHY

How would I feel...

**If Sam didn't get assigned to the same class as his best friend?**

How do you think he is feeling? \_\_\_\_\_

Have you ever felt this way before?      YES      NO

If you felt this way, what helped you feel better? \_\_\_\_\_

What can you say or do to help Sam feel better?

\_\_\_\_\_

**If Jennifer lost her cat?**

How do you think she is feeling? \_\_\_\_\_

Have you ever felt this way before?      YES      NO

If you felt this way, what helped you feel better? \_\_\_\_\_

What can you say or do to help Jennifer feel better?

\_\_\_\_\_

**If Michael's parents are working all the time?**

How do you think he is feeling? \_\_\_\_\_

Have you ever felt this way before?      YES      NO

If you felt this way, what helped you feel better? \_\_\_\_\_

What can you say or do to help Michael feel better?

\_\_\_\_\_

**If Shari fell off her bike and everyone laughed at her?**

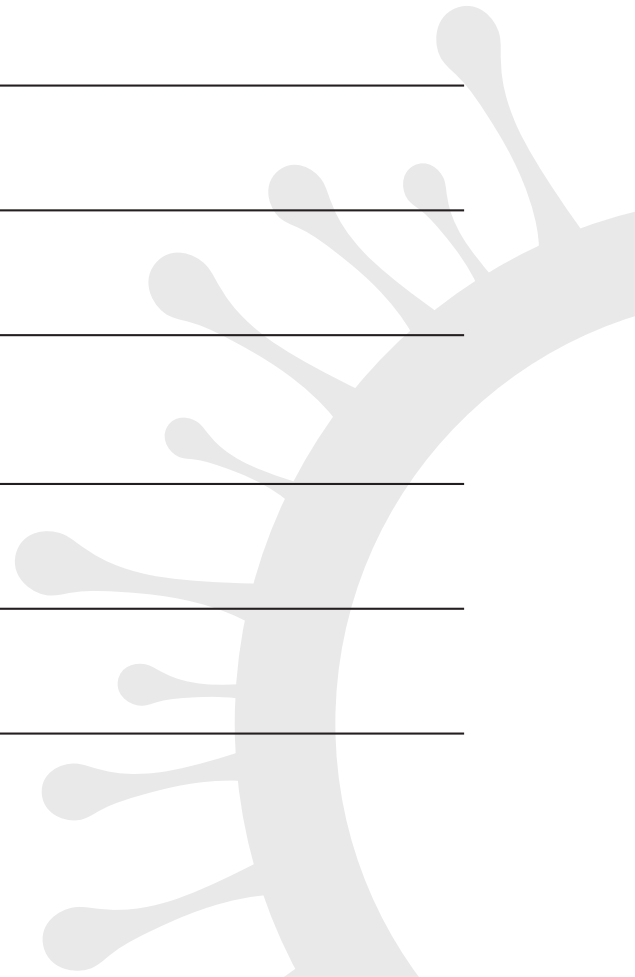
How do you think he is feeling? \_\_\_\_\_

Have you ever felt this way before?      YES      NO

If you felt this way, what helped you feel better? \_\_\_\_\_

What can you say or do to help Shari feel better?

\_\_\_\_\_



**If Charlie's brother broke his game on purpose?**

How do you think he is feeling? \_\_\_\_\_

Have you ever felt this way before?            YES            NO

If you felt this way, what helped you feel better? \_\_\_\_\_

What can you say or do to help Charlie feel better?

\_\_\_\_\_

**If Mary had to wake up extra early for an appointment?**

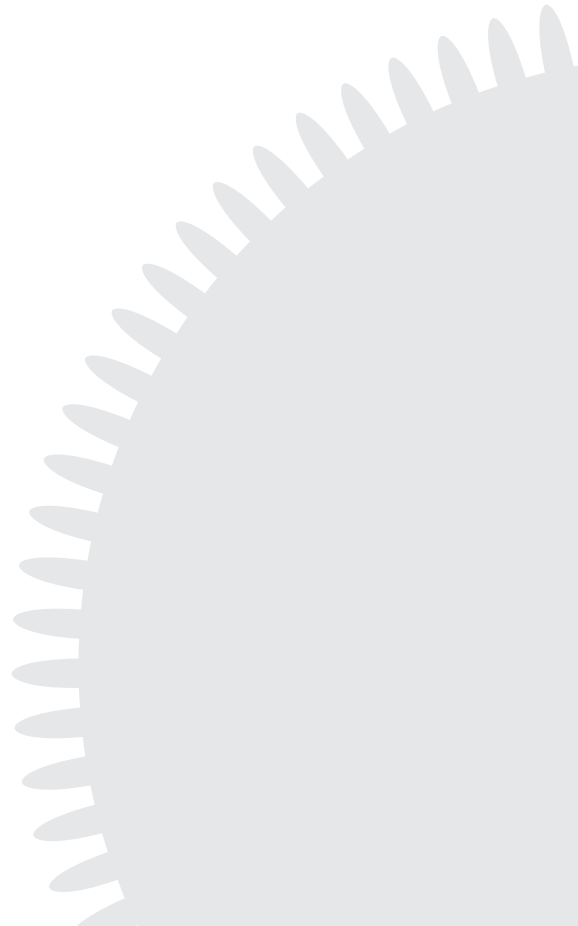
How do you think he is feeling? \_\_\_\_\_

Have you ever felt this way before?            YES            NO

If you felt this way, what helped you feel better? \_\_\_\_\_

What can you say or do to help Mary feel better?

\_\_\_\_\_



## REFLECTION:

What was it like imagining how others might be feeling?

How do you feel when you know someone is listening carefully to you?

Why do you think it's important to let others finish talking before you share your story?

How might you be able to support a friend who is sharing their quarantine story? Where should you go for help if the story is a little upsetting?

