



GoZen!

EMPATHY



This journal belongs to:



Get Free Printables Every Week at [GoZen.com/printables/](https://www.GoZen.com/printables/)

IN MY SHOES:

Write 5 things, inside and around the shoes below, that people don't know about you. Include some challenges you face.



IN YOUR SHOES:

Find someone you know well or not so well; find out 5 things you never knew about them. Ask them about their daily routine, their challenges, books they're reading etc. Write in 5 things you learned below.





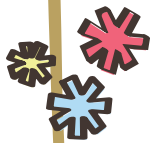
Reflection

Do you think everyone faces challenges?


Do you think you know everything about your friends' experiences, both good and bad?



Have you ever decided you didn't like someone and then later changed your mind? What happened?



Let's be kind!



Everyone we
meet is facing
a challenge
we know
nothing about.

MAP IT OUT!

Think about 5 things you have in common with kids your age all around the world. Write them in one color in the map below. Think about 5 things you don't have in common with kids your age all around the world. Write them in another color.

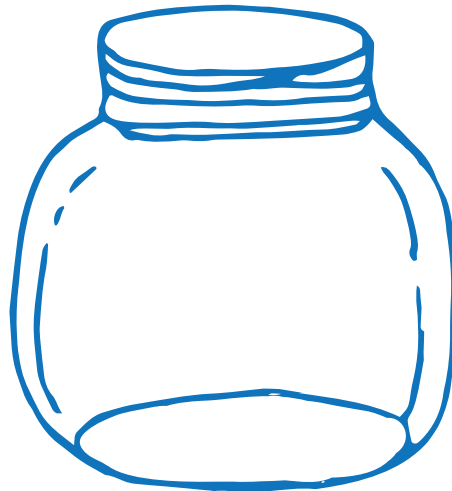


CONNECTION JARS

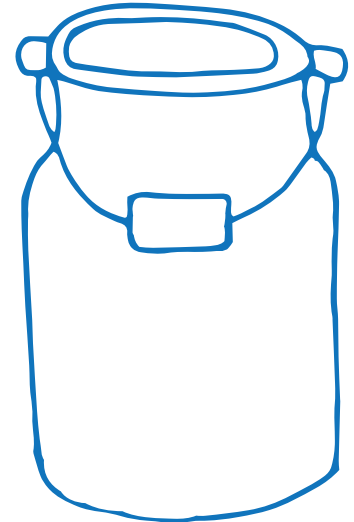
The jars below represent challenges many of us experience. Drop in a marble (color a small circle) into any jar where you've had the experience. Ask your close friends and family to do the same. Notice how the jars get filled up!



I worry about a lot of different things.



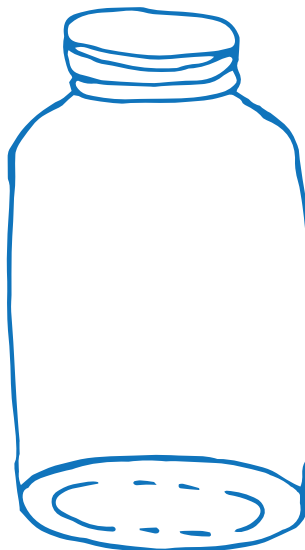
I like to spend time alone.



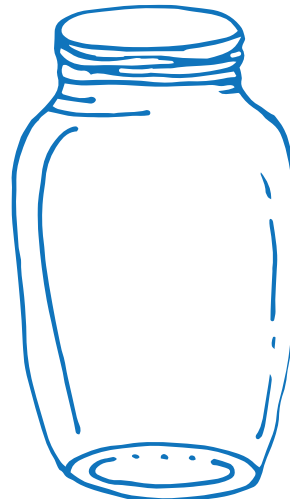
I fight with my brother or sister a lot.



School is or was hard for me.



I want to exercise more.



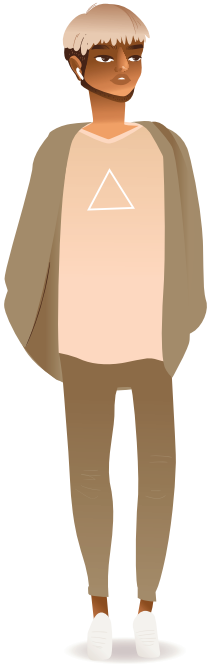
Sometimes I feel like no one gets me.



I wish a part of my body was different.

FEEL THEIR FEELINGS

Read about the situations below. Then, try to take a moment to really step into that person's shoes and guess how they might feel, think, and act.



Situation: Jamal loves to dress in his own style, but, people – even some he thought were his friends – start to make fun of him. They say he dresses weird. When this happens...

What thoughts might go through Jamal's head?

What feelings do you think Jamal has?

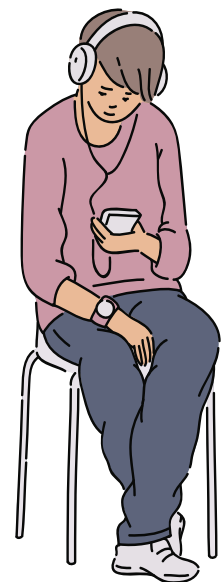
How does what other people say change his behavior?

Situation: Jordan doesn't have anyone to sit with at lunch at his new school. He sits alone and listens to music during lunch. When this happens...

What thoughts might go through Jordan's head?

What feelings do you think Jordan feels?

How does Jordan act because of this?



FEEL THEIR FEELINGS

Read about the situations below. Then, try to take a moment to really step into that person's shoes and guess how they might feel, think, and act.



Situation: Raina is at a skate park with some of her friends when a group of other kids start to ask her what race she is. They tell her to go back to her own country. Raina is shocked! She was born about 2 blocks from that park. Raina's friends don't stick up for her.

What thoughts might go through Raina's head?

What feelings do you think Raina feels?

What do you think Raina does?

Situation: James and Rick are best friends. They do everything together. One day, someone tells Rick he should hang out with his own kind.

What thoughts might go through Rick's head?

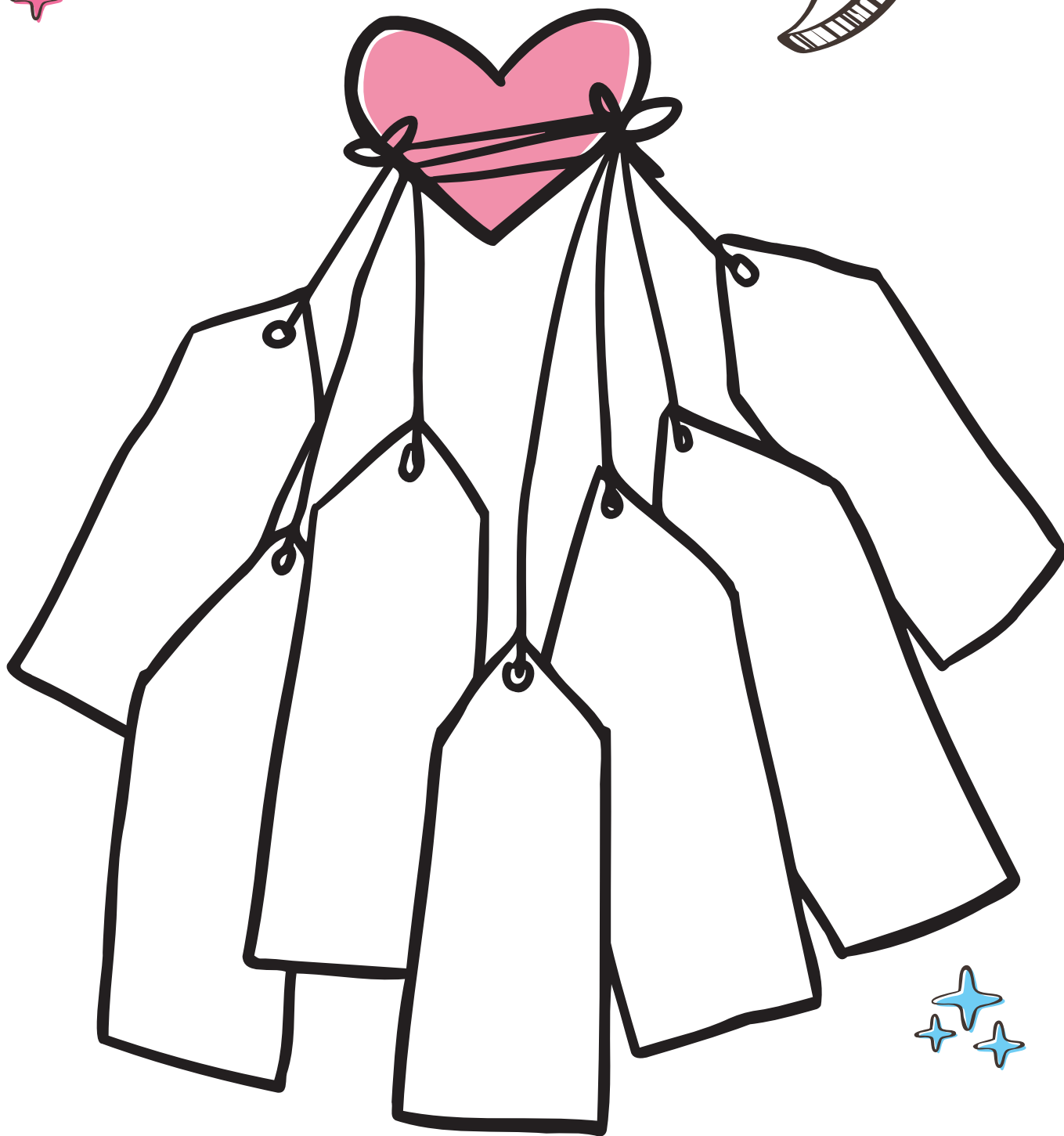
What feelings do you think Rick has?

How does Rick act because of this?



HEARTSTRINGS

What are the world issues that pull at your heartstrings? Maybe it's the fight against hunger or homelessness. Write what pulls at your heart below.



COMPASSION = ACTION

Empathy helps you see someone else's perspective and feel their feelings. Compassion spurs you into action. In the left column, write some scenarios where you feel empathy for someone. In the right column, write what action you can take to help the other.

EMPATHY

Example: I felt sad when I saw Aria sitting alone at lunch.

COMPASSION

Example: I asked Aria if I could join her for lunch.



MAYBE???



Think of the last time someone did something that made you angry. In the puzzle pieces write at least 4 possible reasons that could have led to that person's actions. Below is an example. On the next page, you can try it yourself!

(Example) What made me angry:

A person I thought was my friend made a joke at my expense.

Maybe she was mean because she feels insecure herself.

Maybe she didn't know she was hurting your feelings.

Maybe she's angry because someone else was mean to her.

Maybe she knows she messed up and feels bad about it.

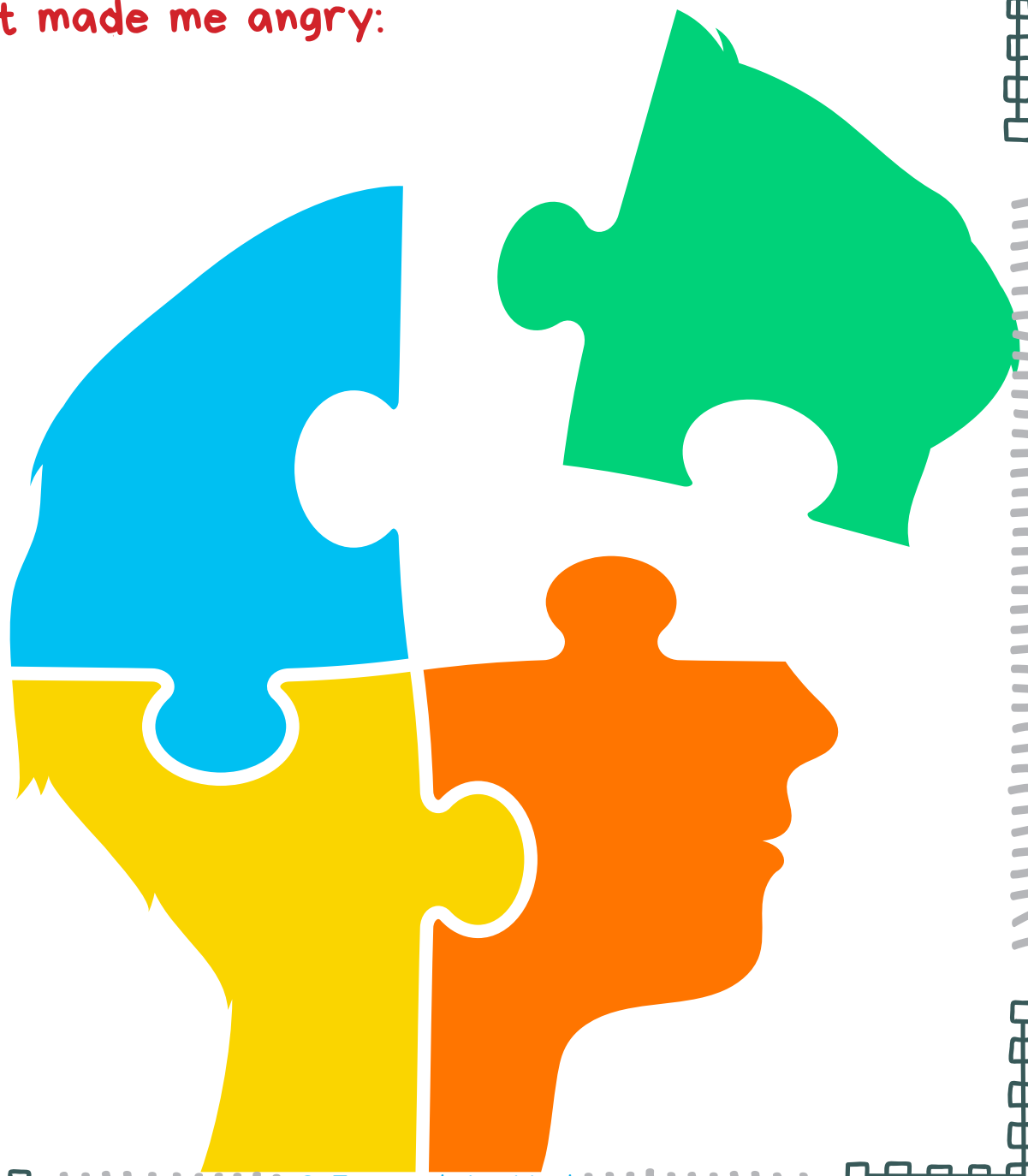


MAYBE???



Think of the last time someone did something that made you angry. In the puzzle pieces write at least 4 possible reasons that could have led to that person's actions. Start your sentences with the word "Maybe..."

What made me angry:



LISTENING BLOCKERS:

What prevents us from really listening to what others have to say? In the bubbles below, come up with reasons why it can be hard to truly listen to someone else.

Example: My own thoughts and opinions are really distracting. I keep thinking about what I want to say and can't pay attention to what the other person says.

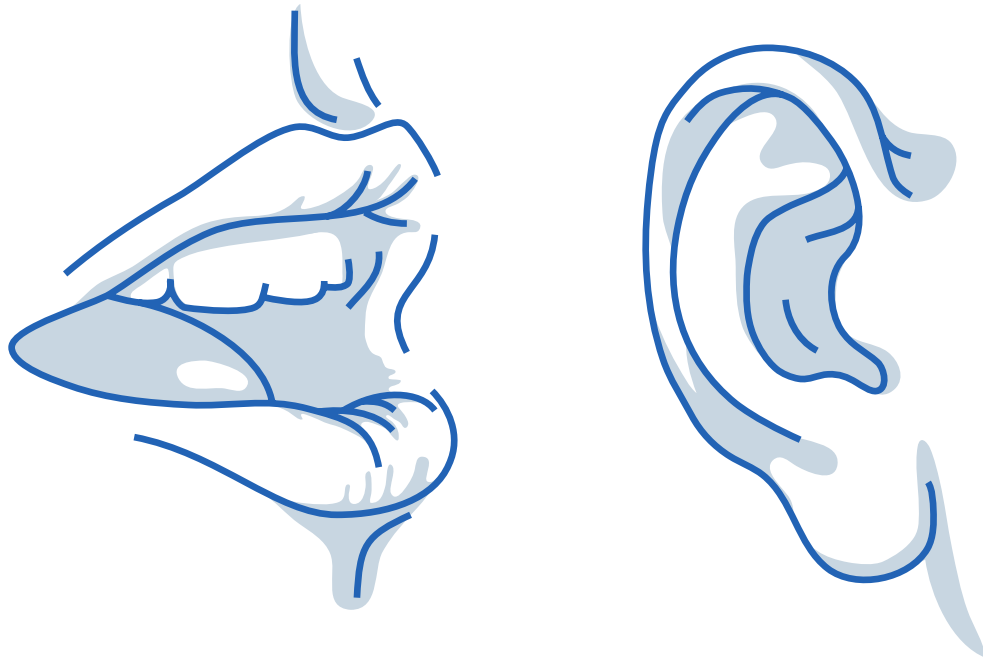




TALK IT OUT!



Active listening can take a lifetime to master, but is one of the most important skills in building empathy, compassion, and strong relationships. Begin to master your skills by building a "Talk it Out" corner.



INSTRUCTIONS:

1. Cut out the lips and ear separately.
2. Attach each to a popsicle stick (or something similar) with tape.
3. Find a place in your home or classroom to make your "Talk it out" corner. Place your lips and ear in this area.
4. The Talk is Out corner is used when you have a disagreement or conflict with someone. Both people involved come to the corner calmly and start by holding either the lips or ear.
5. The person with the lips speaks first for up to 2 minutes. This person can talk about their side of the story and how they feel. The person with the ear listens without interruption.
6. After 2 minutes, switch. Now, the person with the lips has a chance to respond; the one with the ear listens.
7. Repeat as necessary.





TERMS OF SHARING THE

1. Please do share these resources with friends and family by sharing this page: <https://gozen.com/printables/>
2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here:

<https://facebook.com/groups/scienceofhappinessforkids/>

[GoZen! Programs](#) help kids Manage Stress and Build Resilience

All of our animated programs are research-based and rooted in science, but each program focuses on a different set of life skills to help kids thrive.



[GoZen! Anxiety/Stress Relief Program](#)

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



[GoStrengths! Well-being + Resilience Program](#)

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



[GoHackify! OCD Relief Program](#)

5 Modules / 30 Animations / 110+ Minutes of video

Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!



[GoToTheNow! Mindfulness Program](#)

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



[GoPositive! Negative Thoughts Mini Program](#)

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



[GoWave! Panic Attack Mini Program](#)

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



[GoAction! Procrastination Relief Program](#)

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!