

Developing Empathy

Empathy is the caring emotion. It is the ability to put yourself in someone else's position in order to feel what they are feeling. Describe how you can show empathy by answering the questions below.

Describe a time when you've felt empathy towards someone else, a time that you felt sad or happy because you could sense what they were feeling.

What do you think is the purpose of empathy? How does Ramadan help us to develop empathy?

Empathy is just like any other skill: the more we practice it, the stronger it gets. What behaviours and actions could you practice in Ramadan to develop your empathy?