



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

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## An Empathy Note

*An activity of "Wars must stop, wherever they are"*

"Wars must stop, wherever they are" (page 1, *What's Up* March 2022) looks at some of the ongoing wars around the world. Though Singapore is fortunate to enjoy peace, many people around us are suffering. We can practise empathy and show we care.

1. Think of someone whom you wish to write an encouraging note to. It could be a friend, a CCA-mate, a relative or even a teacher!

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2. Why do you think this person needs encouragement? Is he or she going through a difficult time? Elaborate here.

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3. If you can imagine how that person is feeling, then you are practising empathy. What would it be like to be in that person's shoes? Describe how you would feel.

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4. Draft your note to this person with the help of the table on the next page. You can use your own words instead of the ones given here.

**Your draft empathy note:**

<p>Dear .....,</p>	<p>Name the person</p>
<p>I noticed that</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><i>Write one to two sentences about their situation.</i></p> <p><i>Focus on that person's feelings.</i></p>
<p>Even though you are facing the problem of</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><i>Mention the challenge they faced during in their situation.</i></p> <p><i>Focus on their feelings.</i></p>
<p>I noticed that you showed</p> <p>.....</p>	<p><i>Identify what good qualities or values they showed.</i></p>
<p>I want to say I admire you for this because it must not have been easy.</p> <p>Press on!</p>	<p><i>Encourage them for doing their best even when it was not easy.</i></p>
<p>Love,</p> <p>.....</p>	<p><i>End your note with your name</i></p>

4. Write out your note on a fresh piece of paper, decorate it, and give it to that person. Let them know you care and are thinking about them.