

# EMPATHY



**Start  
With  
Sorry**

Week 2

## Empathy Response

### Empower

This week, let's talk about empathy. Empathy is the ability to recognise and feel with another person—to understand that what others need might be different than what we need, and that apologising with real empathy means considering feelings, not just fairness.

Empathy is about seeing the world through someone else's eyes. When we “start with sorry,” we use empathy to repair relationships—acknowledging not only what happened but how it made the other person feel, and thinking about what they might need to feel better. Practicing empathy at home means:

- Listening first and validating feelings.
- Understanding that similar situations can feel different for different people.
- Offering apologies and acts of repair that fit each person's unique experience or need. This week, notice when you or someone in your family says “that's not fair.” Pause to think about how each person might be feeling, and how empathy (not just equality) can guide your response.

### Discussion: Serve Up Some Empathy

**Materials:** Plates and pretend food (or small household objects as stand-ins).

Scenario:

Imagine you're serving a meal to:

- An 80-year-old grandmother,
- A 30-year-old professional athlete,
- A 12-year-old,
- A 2-year-old toddler.

Each is hungry, and it's hotdog night! Ask:

How many hotdogs does each person need to feel satisfied?

### Activity:

- Each family member “serves up” what they think is right for each character.
- Look at the plates together. Are they the same? Is that fair? Is that truly empathetic?
- Discuss: How does the way you serve reflect an understanding of each person's needs and feelings?



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## Connect to Empathy and Apology:

- When someone is upset at home, is giving everyone the same “apology” fair and empathetic?
- How can you tailor your apology or act of repair to what each person truly needs to feel better—not just what you’d want for yourself?

## Journaling

### Choose one or more for reflection:

- **DRAW:** Illustrate the dinner scene, showing different characters with the amount of food that matches their needs. How does this show empathy?
- **DO:** List everyone’s morning routines in your family. Where are they the same? Where are they different? Discuss why that’s okay and how it meets each person’s needs, practicing empathy for different preferences or requirements.
- **WRITE:** How is empathy different from fairness?

Describe a time you apologised in a way that was truly empathetic, or a time you wish someone had shown you more empathy with their “sorry.”

- How does empathy help you repair things after a conflict?

## Gentle Action

Practicing real empathy means sometimes letting go of “that’s not fair!” when someone needs more support, attention, or a different type of apology or repair.

This week:

- When you catch yourself thinking “that’s not fair,” stop and use an “I-statement” about how you feel (“I feel left out because...”), and then wonder: What does the other person need right now—and how can I show empathy?
- Challenge: Think of someone in your family who could use a little extra kindness or support. Reach out with an act of empathy (a hug, an apology, a listening ear, or help), even if their needs are different from yours.

### Remember:

**Empathy transforms apologies from “just words” into genuine repair. When your family practices empathy in both small and big moments, you build a home where everyone feels seen, heard, and cared for—whatever their needs may be.**

