

Empathy VS Sympathy

For each scenario below choose whether it is representing empathy or sympathy.



Jenn saw another girl drop her ice cream cone at the park. She felt sorry for her but was glad her own ice cream had not fallen apart.

- empathy
- sympathy


“I missed the bus this morning and my baby brother kept throwing cheerios at me in the car!” George told Tanya. “Yikes,” said Tanya, “At least you made it to school in time for our test!”



- empathy
- sympathy

Jo listened while Teri talked about how scared she was when their dog ran away. Jo understood what she was feeling from having gone through the same experience.

- empathy
- sympathy



It is important to distinguish between when we are feeling **empathetic** (having understanding and relating to someone's situation)



versus when we are feeling **sympathetic** (feeling sorry or concerned for someone).



Empathy VS Sympathy



“That looks difficult!” Ryan said to Nico who was carrying an armful of books.

- empathy
- sympathy

“You’ve had a long day, I will help you carry those groceries,” Ashley said to her mom.



- empathy
- sympathy

Pamela listened as Oscar complained about all of the running they had to do at soccer practice. “That does not sound like fun,” she said

- empathy
- sympathy

Take comforted Anne when she told him about her best friend moving away. “I can understand why that is difficult. You value each other’s friendship. How are you feeling?”



- empathy
- sympathy



“It upsets me that my sister never listens to me,” said Leslie. “I’m sorry you feel that way, it’ll get better,” Amy told her.

- empathy
- sympathy

“I am sad my friend didn’t come to my birthday party,” Greg said to his dad. “That is upsetting, I know how important your friendship is and it must really hurt that he didn’t show up,” said his dad.



- empathy
- sympathy

Answers: 1) Sympathy, 2) Sympathy, 3) Empathy, 4) Sympathy, 5) Empathy, 6) Sympathy, 7) Empathy, 8) Sympathy, 9) Empathy