Teen Empathy Steps

Notice. Take their seat. Check. Care with limits. Repair.

Name: _____ **Date:** _____

1. Safety sort

Is this scene safe to work on? If not, get help first.

2. Scene + person

Who, where, in person or online? What happened?

3. Notice cues

Face, voice, posture, text pace. Separate cues from guesses.

4. Take their seat

What might they know, want, fear? Two possible feelings.

5. Check the story

Ask, wait, or look again before you react.

6. Care with limits

Help that fits them and your capacity.

7. Harm line

Understand the feeling. Refuse joining harm.

8. Repair

Name their impact. Show their seat. Next step.

9. Log + review

Write what you tried. Partial wins count.

One scene, three care moves

Scene: a friend vents every night at 1 a.m. about the same crisis.

Dump Looks loyal, burns you out.	Absorb it all, never sleep, then crash.
Cut off Protects tonight, costs the friendship.	Ghost them, then feel guilty for days.
Care with limits Clear, caring, sustainable.	"I care. Not after midnight. Adult tonight?"

Empathy is not agreeing to harm: understand the feeling, refuse the pile on.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis or treatment. Care includes knowing when to get an adult.

Original layout by Lotus & Tulip, based on widely discussed teen empathy skills. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/empathy-activities-for-teens.html

My Empathy Plan

One scene. Notice, take their seat, check, care, repair.

Name: _____ **Date:** _____

The scene and the other person

Who, where, in person or online? What happened?

_____

_____

Cues I notice (not guesses yet)

Face, voice, posture, text pace, who went quiet

_____

_____

Take their seat

They might know / want / fear: _____

Feeling guess 1: _____

Feeling guess 2: _____

Story check

My first story: _____

Two other possible stories: _____

Check move (ask / wait / look): _____

Care move with limits + harm line

Care move that fits them and my capacity:

_____

Harm line: understand / refuse joining / get an adult

If this is unsafe for me or them, trusted adult:

_____

Repair line, if I missed them

Name their impact · show their seat · offer a next step

_____

_____

After: what went well, even a little?

_____

_____

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Empathy Practice Log

Seven tries. Small, specific, honest. Partial wins count.

Name: _____ **Date:** _____

	Day / date	Who + scene	Skill I used	What happened	Next time
1.					
2.					
3.					
4.					
5.					
6.					
7.					

Teen mini card (cut out and keep)

Notice cues · Take their seat · Check the story

Care with limits · Harm line: understand, refuse harm

Repair: name their impact, show their seat, next step

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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