



## Mental Health in Schools Team Tips For Wellness



# Empathy

Empathy means *feeling with* someone, not just *feeling sorry for* them. It is one of the best ways to be a kind friend and a good person. Empathy is not just noticing that someone is happy, sad, or hurt—you're trying to understand their feelings **from their point of view** and responding with kindness.

Examples of when you could be empathetic:

**A friend is nervous before a test.**

You might say: *"I get nervous too. We've got this!"*

**Someone is sitting alone at lunch.**

You might think: *"I would feel sad if I were alone."*

So, you could invite them to sit with you.

### Our tips for empathy:

1. **Pay attention** to how people look and sound. Are they happy, sad, or upset? Look for clues in their body language to find out how they might be feeling.
2. Read a book or watch a TV show. Pick a character in the book or show and imagine how that character might feel. Do you think all the characters feel the same? **Put yourself in their shoes!**
3. **Empathy drawing** – if you like to get creative, you could try drawing a picture of how someone else might feel in a certain situation (e.g., "a child who has lost their favourite toy", "a child who is starting a new school").
4. **Be kind with actions** - even little things help - like sharing, listening, or giving a hug.
5. **Include everyone** - invite others to play, join in, or sit with you. Notice if someone is standing alone, sitting on a bench, or watching others play.
6. **Kindness cards** – consider making cards or notes for family, friends or classmates who might need a boost!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

**MHST are available to support you and your school throughout the school year including term time and school holidays.**

**Please contact your school's Mental Health Lead for information and advice.**