





































# Empathy Animation

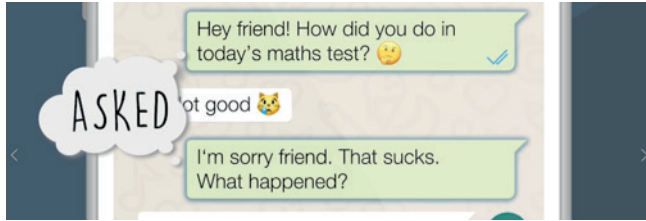
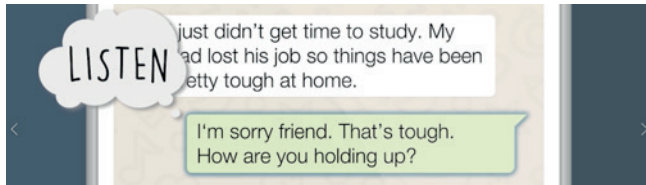
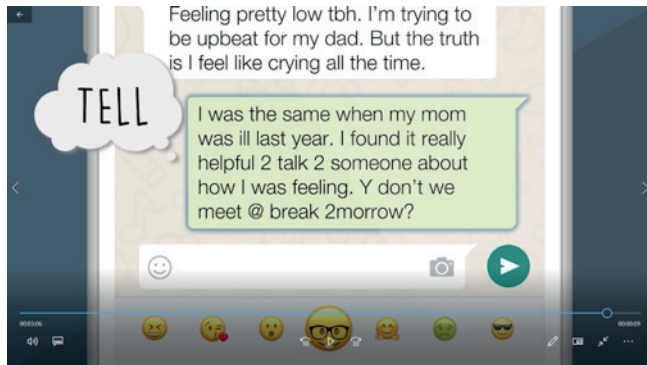



## Transcript

	No, don't send that!
	VO: Why not?
	Just a bit of friendly banter.
	She knows you're just joking around!
	I don't think that's funny at all.
	Well, that's no surprise!
	VO: So, what should I say then?
	Don't reply.
	Nah, just play it cool, Dawg. Change the subject!

	Just send me!
	Let's just think for a minute.
	Agreed! You need to show EMPATHY for ...
	EM...P... (Pronouncing it wrong) What's that mean?
	It means putting yourself in someone else's shoes.
	EWV! That's gross! Why would anyone do that?
	It's just an expression.
	It's like shedding your skin.
	That's even worse!
	Tell us what the word means already?!
	Let me try ... Empathy means being able to understand and share someone else's feelings.
	It means ...
	You know ... How your actions affect others.
	It means ... You are <b>aware</b> of what actions to take to be a good friend and show kindness to others.
	And <b>understand</b> the people and the world around you better.

	<b>And you do that by asking a simple question: What's your story?</b>
	VO: How does THAT work?
	<b>Well first we:</b>
	<b>Ask:</b> Try to really understand someone.
	<b>Listen:</b> Everyone has a story worth sharing.
	<b>Tell:</b> Let others into your life.
	<b>So you wanna give it a try?</b>
	<p> How did you do in your maths test?</p> <p> Not good.</p> <p> I'm sorry friend. That sucks. What happened?</p> <p> I just didn't get time 2 study. My dad lost his job so things have been pretty tough at home.</p> <p> I'm sorry friend. That's tough. How you holding up?</p> <p> Feeling pretty low TBH. I'm trying to be upbeat for my dad. But the truth is I feel like crying all the time.</p> <p> I was the same when my mom was ill last year. I found it really helpful 2 talk 2 someone about how I was feeling. Y don't we meet @ break 2morrow?</p> <p> You da best. Thanks.</p>

	VO: So how did I do?
	<p>100%.</p> <p>You asked how she was feeling.</p> 
	You <b>listened</b> to what she had to say.
	
	<p>And then <b>told</b> her a bit about yourself, to help her feel less alone.</p> 
	<p>(Blows a kiss!)</p> <p>You got this whole empathy thing DOWN!</p>