



Welcome to Summer Fun!

Week 2: Empathy

1. **Watch this video:** <https://www.youtube.com/watch?v=HznVuCVQd10>
 - What am I surprised about in this video?
 - How does this relate to my life?
 - What can I do differently based on what I learned?
2. **Challenge:** Choose someone you want to form a deeper connection with. Practice taking their perspective the next time you have a conversation with them.
3. **Level up challenge:** Take this online quiz about sympathy vs empathy. <https://learning.eighthmile.com.au/quizzes/empathy-vs-sympathy-quiz/>

How did you do? Identify empathetic phrases and actions that you can use in your life.