

Class 2: Empathy

Change your perspective and understand more

In this class, we have learnt:

1. Empathy is putting yourself in other's shoes and seeing things from their perspective.
2. Interpersonal conflicts will be less likely to occur if we are able to see things from other's perspectives and understand their needs.
3. Empathy bridges people of different colors to come together.

These are the things we can do:

1. Be patient and listen to someone who is upset – and try to understand their feelings.
2. Don't be so quick to judge when someone upsets you – try to understand the problem from their perspective.
3. When you come into conflict with the others, pause and try to understand their thoughts.

同里



EMPATHY

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我們一起
唱歌吧！

LET'S SING
TOGETHER!



「謝謝你，不用了。」
"I'M GOOD. THANK YOU!"

