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# discussion guide.

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book  
about™  
**EMPATHY**

by Daron K. Roberts



## About the author

Daron K. Roberts (he/him) is a recovering NFL Coach, practicing leadership professor, and hopeful triathlete. He averages 100 keynote speeches a year. Daron and his wife corral 5 children every Saturday during their weekly "Donut Council" outings.

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## **Before Reading Questions:**

1. What is empathy to you?
2. Why might it be important to understand and share the feelings of others?
3. Tell about a time empathy touched you personally.
4. How does empathy affect our class or community?

## **During Reading Questions:**

5. As the author shares his story about feeling different, have you ever felt like you stood out or didn't fit in? How did that make you feel?
6. Can you distinguish between sympathy and empathy from the text?
7. What are some challenges in being empathetic?
8. Why do you think the author suggests imagining how someone else feels is an important step in showing empathy?

## **Post Reading Questions:**

9. What are the four steps of empathy mentioned in the book, and how can they help us connect with others?

## **Post Reading Questions:**

10. How is empathy different from sympathy, according to the book? Can you give an example of each from your own experiences?
11. Why do you think the author says empathy is courageous and creative?
12. Can you think of a situation where it might be difficult to show empathy? How would you handle it?

## **Reflective Questions:**

13. Why might empathy be considered a "tough subject" as the author suggests?
14. The author asks us not to try to fix someone's problem when showing empathy. Why do you think this is important?
15. How do you feel about the statement, "Empathy is the most courageous and creative thing you can do"? What does it mean to you?
16. How can we practice the four steps of empathy in our everyday lives at school or at home?