

Element 10: Journaling to Sustain Empathy

Writing, Life Skills	Journaling for Empathy
<p>Grade Level: Middle & High School</p> <p>Time 10-15 minutes daily</p> <p>Resources: Paper, pencil</p>	<p>Self-Guided Learners</p> <ul style="list-style-type: none">• Reflect on the prompts each day.• Write about their progress and their plans.• Follow through on the commitments.

Set aside up to 10 minutes each day to write in a journal. Draw or write based on one of the following prompts:

- Today I strengthened my habit of empathy in the following ways:
- I have tried a new idea for working through a particular challenge with empathy:



After you write, take a quiet moment to practice seeing the world through the eyes of someone near them.

Relax and exhale deeply before you return to your normal activities. Empathy should leave you feeling closer to others as you go about your day.

