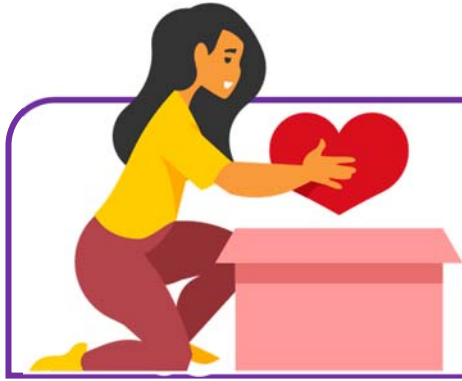


Name _____



Choosing Kindness

Directions: Read each scenario and choose the most empathetic response (A-D). Think about which choice shows care, understanding, and respect for another person's feelings.

1. Your classmate looks upset after receiving their graded paper.
 - A. Say, "Don't worry about it. You'll get over it."
 - B. Ask, "Do you want to talk about it? I can help you study next time."
 - C. Tell them, "You probably didn't study enough."
 - D. Ignore them and keep working.
2. A friend cancels plans because they have to babysit their younger sibling.
 - A. Say, "That's annoying. You should've told me earlier."
 - B. Text them, "Whatever, your loss."
 - C. Post about how they bailed on you.
 - D. Tell them, "I get it. Family comes first. Maybe we can hang out another time."
3. Your coworker makes a mistake during a group presentation and looks embarrassed.
 - A. Laugh quietly so they don't notice.
 - B. Pretend it didn't happen and move on.
 - C. Smile and jump in to help them finish their point smoothly.
 - D. Tease them later so they can laugh it off.
4. Your younger sibling seems quiet after coming home from school.
 - A. Ask, "Are you okay? You seem a little down today."
 - B. Tell them, "Stop being so dramatic."
 - C. Ignore them because they always talk too much.
 - D. Complain about your own day instead.
5. A teammate gets frustrated after missing a shot in practice.
 - A. Say, "You always mess up."
 - B. Roll your eyes and walk away.
 - C. Tell them, "It happens to everyone. You'll get the next one."
 - D. Laugh and tell them not to bother trying.
6. A friend shares that their pet is sick.
 - A. Say, "That's too bad, but my pet was sick once too."
 - B. Tell them, "It's just a pet. You'll be fine."
 - C. Change the topic to something more cheerful.
 - D. Respond, "I'm really sorry. That must be hard. Do you want to talk about it?"