



Compassion Scenarios

1. James' parents said they were getting a new puppy. He excitedly told you. You have always wanted a puppy, but your parents say you are not allowed. How is James feeling? How are you feeling?
2. Jamal is a goalie on his hockey team. His team lost during overtime of his championship game. This game was very important to him. What is Jamal thinking and feeling?
3. Jasmine has to do a speech in front of the class. She has been practicing for weeks. She told her teacher that she does not want to make a mistake and make a fool out of herself in front of her classmates. What is Jasmine thinking and feeling?
4. You fell on the playground and hurt your knee. Some of your friends laughed. What are you thinking and feeling?
5. Today is Judah's birthday. He loves his birthday because he gets to spend a lot of time with friends and family. He enjoys getting cards and gifts from his friends. What is Judah thinking and feeling?
6. Your teacher is handing back spelling tests. You scored a 10/10. Your classmate looks sad after getting their test and has his head down on the desk. What would you be thinking and feeling? What would your classmate be thinking and feeling?
7. Miguel found out that he was not invited to Jose's birthday party. What is Miguel thinking and feeling?
8. Your best friend is moving to a new school. What are you thinking and feeling?