



Compassion Scenarios

1. Judah recently moved to town and just joined our school community. Since he is from out of state, he does not know anyone in school. You and your friends notice that he is sitting alone in the cafeteria. You imagine Jacob feels alone. It reminds you of your first day freshman year before you had made friends. What do you do?
2. Pierre was recently injured in the school's basketball game. He's been acting more on edge lately and tells you he feels "lost" without being able to play. What can you do to help him?
3. Julie has been struggling in her Spanish class. She tells you "I have tried everything to study and nothing seems to help". You remember not doing well last year. How is Julie thinking and feeling? What advice can you offer her?
4. Camilla 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 Jenna thinking and feeling?
5. Zoey tells you that her parents have been fighting a lot recently and she is worried they are heading towards divorce. How can you respond?
6. You have been studying hard for your exams. Your boss asks you to work a double shift.. What can you do?