



Mental Health in Schools Team Tips For Wellness



Dimensions tool



Free online personalised self-care information & support for adults and children in Coventry & Warwickshire

Empathy

Empathy means *feeling with* someone, not just *feeling sorry for* them. It is one of the best ways to be a kind friend and a good person. Empathy is not just noticing that someone is happy, sad, or hurt—you're trying to understand their feelings **from their point of view** and responding with kindness.

Examples of when you could be empathetic:

A friend is nervous before a test.

You might say: *"I get nervous too. We've got this!"*

Someone is sitting alone at lunch.

You might think: *"I would feel sad if I were alone."*

So, you could invite them to sit with you.

Our tips for empathy:

1. **Pay attention** to how people look and sound. Are they happy, sad, or upset? Look for clues in their body language to find out how they might be feeling.
2. Read a book or watch a TV show. Pick a character in the book or show and imagine how that character might feel. Do you think all the characters feel the same? **Put yourself in their shoes!**
3. **Empathy drawing** – if you like to get creative, you could try drawing a picture of how someone else might feel in a certain situation (e.g., "a child who has lost their favourite toy", "a child who is starting a new school").
4. **Be kind with actions** - even little things help - like sharing, listening, or giving a hug.
5. **Include everyone** - invite others to play, join in, or sit with you. Notice if someone is standing alone, sitting on a bench, or watching others play.
6. **Kindness cards** – consider making cards or notes for family, friends or classmates who might need a boost!

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.