

Social Awareness Addendum #2

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After watching Brené Brown's Empathy Video: <https://youtu.be/1Evwgu369Jw>, practice delivering empathetic responses based on hypothetical statements a camp counselor might face at camp. One rule, you cannot use "at least" or "but" in your responses.

1. Uhhhhh, it's raining and now we can't do water carnival!
2. My grandma died and I miss her.
3. My boyfriend broke up with me.
4. My best friend is playing with other people.
5. I miss home.
6. I am not allowed to have a dog because of my brother's allergies.
7. I'm terrible at Ga-Ga Ball and keep getting knocked out.
8. I don't like any of this food! I'm starving!
9. I feel like no one likes me.
10. I'm terrified of the snakes on the nature porch!

WHAT WAS IT LIKE FORMATING EMPATHETIC RESPONSES?**WHAT PARTS WERE EASY? WHAT PARTS WERE CHALLENGING?****WHAT CAN HELP YOU REMEMBER TO PRACTICE EMPATHY AT CAMP?**

1. Uhhhhh, it's raining and now we can't do water carnival!
 - That does really stink! I know I was looking forward to it, too, especially the boat races. Perhaps we can do some of the activities during free time instead?
2. My grandma died and I miss her.
 - That is really hard. What are some of your favorite memories with her?
3. My boyfriend broke up with me.
 - Geez, I know that hurts. It stings when people we care about stop caring as much as they once did.
4. My best friend is playing with other people.
 - That's really hard. It's hard feeling left out. Why do you think that's happening? Are they interested in something different than you? Have you asked to join in? Asking to join in can be really uncomfortable.
5. I miss home.
 - It is tough being away from home. There are lots of important people there. All of your stuff is there. And you know exactly what's going on around there. Here you have to try new things/meet new people and that can be tough. Those same people are going to be so proud and excited to hear about what you did while you were at camp!
6. I am not allowed to have a dog because of my brother's allergies.
 - Uhhh, what a bummer. I know wanting something really bad and not being able to have it because of something completely outside of your control is difficult.
7. I'm terrible at Ga-Ga Ball and keep getting knocked out.
 - It's really frustrating not being good at something right away. I know sticking with it is worth it because you will get better!
8. I don't like any of this food! I'm starving!
 - I know, this food does not taste like the food we are used to eating each day. I know the cooks try hard to prepare meals, but it's not just the same. Have you tried items from the salad bar? There are typically alternative options there.
9. I feel like no one likes me.
 - Sometimes it's hard to feel like you fit in. I know I have felt that way many times. I bet other people around here have felt that way too.
10. I'm terrified of the snakes on the nature porch!
 - Yikes! Me too! I have to work really hard just to be in the same room as them.