

Empathy

2-5 minutes | Grades K-8

Coach cue Empathy means trying to understand how somebody else might feel. You can ask instead of guessing.

Game scenario A teammate drops a pass, then gets very quiet in the huddle.

Try it Try two ways to check in: “Want a minute?” and “Want to try another pass with me?” Let the partner choose what would help.

Huddle question Why might two players want different kinds of help after the same mistake?

Player check-in

Read each question aloud. Have players vote A, B, or C.

1. **A teammate looks upset after an error. What’s an empathetic first step?**
   - **A.** Tell them how they must feel
   - **B.** Ask quietly if they want help
   - **C.** Announce their mistake to the team

2. **If they ask for a little space, how can you help?**
   - **A.** Give them space and check in later
   - **B.** Demand an explanation
   - **C.** Keep repeating the mistake aloud

3. **A new player sits alone during a break. What could you do?**
   - **A.** Tell everyone they’re lonely
   - **B.** Assume they want to quit
   - **C.** Ask if they’d like company

4. **A teammate seems nervous before a drill. What could you ask?**
   - **A.** Why are you always scared?
   - **B.** Want to try it together?
   - **C.** Can you hurry up?

Ask the team What could you say to check in on a teammate?

At home How can you check on someone who seems upset without putting them on the spot?

Coach answer key **1. B** **2. A** **3. C** **4. B**

One takeaway for our next practice _____