

◆ Understand and Care ◆

I have many different feelings.

Other people have many feelings, too.

I want to understand how other people feel.



When something happens to someone, I can imagine how I would feel if it happened to me.

Then I can understand how someone else might feel.

I see my friend smile and laugh when she's happy.

She enjoys being with people and things she likes.

I understand how she feels.

I smile and laugh at some of the same things.



★★



When something nice happens to someone, I can remember times when I have been happy.

I can imagine how I would feel.

Then I can understand how the person feels.

I can show I care.



Someone I know may feel sad when something goes wrong.

He may frown or cry.



I feel sad, too, when things go wrong for me.

I can imagine how I would feel if the same thing happened to me.



I can understand how the person feels.

I can show I care.

Sometimes people feel angry when things don't go the way they want.

Anger may show in a person's face, voice, or body.

I can remember feeling angry when things didn't go my way.

I can try to understand how the person feels. I can show I care.



If I'm not sure how someone is feeling, I might ask, "How do you feel?"

Then I can listen.

Listening shows that I respect the person, and that I want to understand.



When I want to understand how someone feels, I can watch how the person acts.



I can remember when I have felt that way.

I can imagine how I might feel.

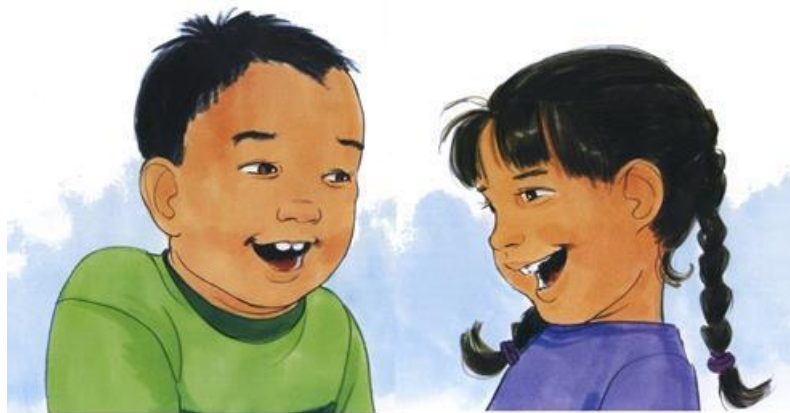
I can ask and listen. I can show I care.



★ ★

Understanding each other helps us get along.

It feels good to understand and care!



Cheri J. Meiners, M. Ed.
Understand and care
Minneapolis, Free spirit publishing, 2003