

Name \_\_\_\_\_

## Understanding Emotions: How to Recognize When Someone Is Feeling Sad or Upset

### Open-Ended Response Questions

1. Share a personal experience when you recognized that someone was feeling sad or upset. How did you respond, and what impact did it have?
2. Imagine a friend has been acting differently lately, and you suspect they might be feeling upset. Describe the steps you would take to recognize their feelings and offer support.
3. Discuss the role of empathy in responding to someone who is sad or upset. How does empathy help in these situations?
4. Why is it essential to respect someone's boundaries when they are feeling sad or upset? Provide an example of how respecting boundaries can be supportive.

