

Name _____

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

Open-Ended Response Answer Key

1. (Answers will vary based on personal experiences, but should demonstrate empathy and a supportive response.)
2. (Answers should include steps like observing changes in behavior, asking open-ended questions, and offering a listening ear.)
3. (Answers should explain how empathy helps in understanding the person's emotions and responding with care and compassion.)
4. (Answers should discuss how respecting boundaries shows respect for the person's autonomy and can help them feel more comfortable and supported.)

