



1. Which action is most effective for a student leader to develop empathy towards a struggling classmate?

- Listening carefully without judgment and trying to understand their feelings.
- Giving advice even when not asked.
- Interrupting to offer quick solutions.
- Sharing your own similar experiences immediately.

2. As a student leader, how can you best foster a compassionate environment within your team?

- Focusing solely on tasks and deadlines.
- Making all decisions quickly to avoid emotional discussions.
- Encouraging open communication and creating a safe space for sharing feelings.
- Ignoring team conflicts, hoping they resolve themselves.

3. How can a student leader's self-awareness contribute to developing more compassion?

- Ignoring their own mistakes and moving on quickly.
- Always being tough and never showing any vulnerability.
- Reflecting on their own feelings and reactions in challenging situations.
- Blaming others when things go wrong to protect their image.

4. Think about a time recently when you saw someone struggling or upset (maybe a classmate, a friend, or even someone you don't know well). What did you notice about their situation, and what emotions do you think they might have been feeling?

5. Sometimes, people act in ways that seem difficult or frustrating. Can you think of an example? What might be some hidden reasons or struggles that person could be facing that you don't immediately see?

6. Compassion isn't always about huge gestures. What's one small, everyday action you could take this week to show a teammate or classmate that you understand and care about them?

7. It's okay not to understand someone's feelings completely. When you encounter a situation where you don't "get" why someone feels a certain way, what steps can you take to try and bridge that gap, rather than dismiss their feelings?

8. Think about a time a leader (could be a teacher, coach, or another student leader) showed you kindness or understanding when you were having a tough time. How did that make you feel, and how did it influence your trust in them?

9. It's hard to help others if you're feeling overwhelmed yourself. What are some things you can do to understand and manage your own emotions so you can be more available to support others?

10. When faced with pressure to conform to unkind behaviour or to ignore a problem, how can you draw on your inner strength to remain compassionate and uphold your values?
