

# What Do You Say?

When you see someone who looks frustrated, sad, or embarrassed, it's natural to put yourself in their shoes. Maybe you've had a similar experience or you can imagine what it feels like. If you're motivated to help them, that's **compassion**.

Showing someone you care not only helps them, it also

boosts *your* mental and physical health. You can express compassion through your words, actions, or both. You can speak with kindness and respect, listen without judging, or cheer for someone. Sometimes offering a hug or putting your hand on a friend's shoulder can mean a lot to them.

What do *you* say when you want to show you care?



WATCHING THEM MAKES ME MISS MY DOG. I STILL CAN'T BELIEVE BUTTON IS GONE.

I'M SO SORRY. YOU AND YOUR FAMILY GAVE BUTTON A GREAT LIFE.

OR

I'M SORRY TO HEAR THAT. WHAT'S ONE OF YOUR FAVORITE MEMORIES OF BUTTON?

Write what *you* would say:

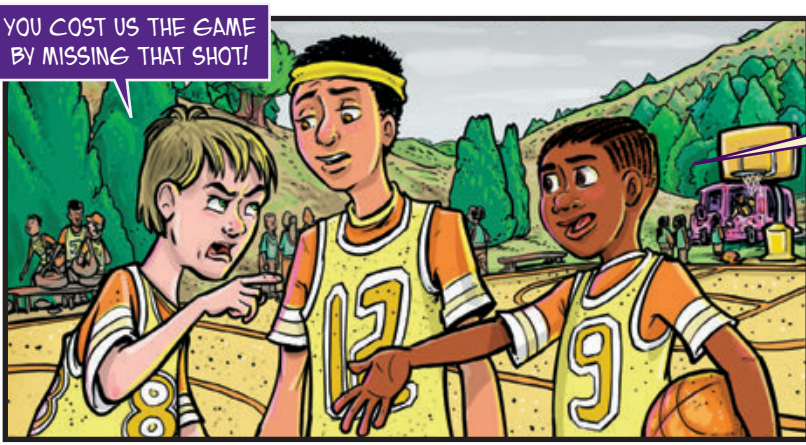


HI, I'M SASHA. CAN I HELP YOU WITH THAT?

OR

HI, WANT ME TO GRAB THAT? HAPPY TO HELP.

Write what *you* would say:



YOU COST US THE GAME BY MISSING THAT SHOT!

WHOA, WE'RE ON THE SAME TEAM HERE. AND ALL OF US CAN WORK ON GETTING BETTER!

OR

CHILL, DUDE! WE ALL MISSED SHOTS AND CAN IMPROVE.

Write what *you* would say: