

Everyone Feels Scared Sometimes— That's Why We Practice Empathy.



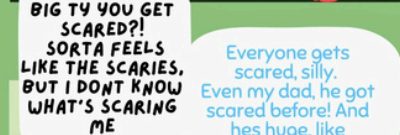
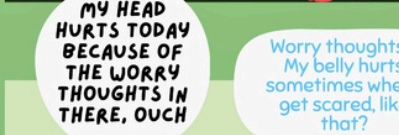
Sometimes people look happy, or like they have everything figured out.

But inside, they might be feeling nervous, worried, or unsure, just like Ty and Styrax.

Ty looks strong and confident, but he feels the "scaries" too. Styrax is quiet and thoughtful, and he's really good at noticing his own feelings.

This comic shows how talking about our feelings helps us feel less alone. But it also shows how listening is just as important as talking.

EVEN DYNOS GET THE SCARIES



What questions can you ask in the future to help someone struggling with big feelings?



Empathy means understanding how someone else feels, even if you're not feeling the samey. You can ask...



Do you want to talk about it?

What helps you when you feel that way?

I've felt that before too

