

# Lesson 1: Empathy and perspective taking

Message text

**Read through and think about each of the following:**

- "Empathy" from Psychology Today  
<https://www.psychologytoday.com/us/basics/empathy>
- "6 things you need to know about empathy" from Psychology Today  
<https://www.psychologytoday.com/us/blog/tech-support/201701/6-things-you-need-know-about-empathy>
- Perspective Taking  
<https://www.youtube.com/watch?v=tqz7UcCgbLA>
- "The power of perspective taking" from Psychology Today  
<https://www.psychologytoday.com/us/blog/the-power-personal-narrative/201906/the-power-perspective-taking>
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