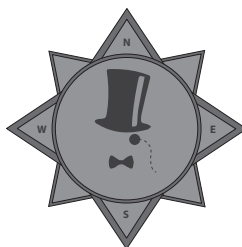


SHOWING SYMPATHY TO OTHERS

Do you know what sympathy is? I didn't. Being a raccoon, it turns out that we are not the most sympathetic creatures you'll ever meet. But sympathy is basically having feelings and caring for a person who is hurting. Unfortunately, the world is not always a happy place for everyone. When someone goes through a tough time, they need people to come alongside them and be sympathetic.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Over the next four weeks, show sympathy as opportunities arise. Whether it is a scraped knee, a lost puppy, someone who had a pet die, or any other thing that makes a person unhappy. Tell your parents how it went. You don't necessarily have to share every detail, just "Jenny was really upset, and I was able to make her feel better."

- First of all, you might be able to see that a person is hurting. Their head may be down, they may have been crying, they may just seem totally down and disinterested in the things they would usually be interested in.
- Speak softly to the person. Look into their eyes and ask them how they are doing. Sometimes they may not want to talk about it, but very often they will be comforted that there is a person who cares enough to talk to them.
- Tell the person that you care and be prepared to listen. Listening is very often the most important thing you can do. Most of the time you probably won't be able to fix the problem, but you can be there for them and show that you care.
- As they tell you what has happened to them and what they are feeling, tell them how sorry you are they are going through this. This is sharing the burden with them and helps them to feel that they are not alone in this tough time. A hug can be a great way of offering comfort too.
- If there is a way that you can help them, offer that up. This is adding action to your words.
- Avoid giving advice, for the most part, unless they specifically ask for it. You are here to listen and show that you care.
- Keep it to yourself. Unless you believe that the person is in some sort of danger, you don't go telling people about the private conversation that you had with this person. If they opened up to you, don't betray that trust. Remember the trick to keeping a secret is not telling anyone.

