



PSYCHOLOGIC  
consulting

## Perspective Taking Explained

In addition to helping children understand a specific situation that they found confusing or confronting, perspective taking can also help a child:

- ❑ Develop an awareness of emotions in themselves and in people they interact with.
- ❑ Understand the triggers (thoughts, behaviours, or situations) that can lead to particular emotions,
- ❑ Practice social skills including empathy, problem-solving, and cooperation.

**Perspective Taking**  
Perspective taking is a technique that can help you understand a situation from different people's point of view. Using this worksheet, you can:

- 1) Describe **what happened** in a situation or at an event.
- 2) Understand **your emotions, and the emotions of others** who were involved in the event.
- 3) Identify what **you could have done** to change the situation or outcome.
- 4) Write down what you could do differently next time.

**Use this section to describe a situation.**  
Pick a situation where you don't understand what happened, or don't know why other people reacted the way they did. You can write what happened, or draw a picture showing what happened.

I wanted to watch a show on TV. Mum was on the phone but I still asked her if I could watch the show. She told me to wait until she finished on the phone and I started yelling so she would get off the phone. When she got off the phone I wasn't allowed to watch TV.

HOW I THINK THEY FELT:	HOW I FELT:
<b>ANGRY</b> What were the signs that they were feeling this way? Talking loudly Red face Frowning	<b>CONFUSED</b> What were the signs that I was feeling this way? Didn't understand Frowning Sick in my tummy
<b>WHY DID THEY FEEL THAT WAY?</b> Mum was talking to her friend on the phone but I kept distracting her and annoying her and she couldn't hear her friend talking.	<b>WHY DID I FEEL THAT WAY?</b> I wanted to watch a show on TV and it was about to start. Mum told me I had to ask her if I wanted anything on TV, so I was doing what she asked.
<b>WHAT COULD I DO DIFFERENTLY NEXT TIME?</b> Go and look for dad so I can ask him instead. Ask mum a bit quieter, or write a note so she can still hear her friend. Wait for mum to finish on the phone, and ask her then. Find something else to do while I wait for mum.	
<b>How would this make us feel?</b> Them: 😊 Me: 😡 Them: 😞 Me: 😊 Them: 😡 Me: 😞	
<b>WHAT I WILL TRY AND DO DIFFERENTLY NEXT TIME</b> I'll go and look for Dad and ask him instead. But if he is out in the yard or I can't find him, I can write a note to mum and then wait quietly and play with my toys while I wait for her to finish talking to her friend.	

Learning how to interpret external signals (facial expressions, body language, vocal tone, etc.) to guess the emotion others may be feeling.

Learning how to interpret internal signals (thoughts, physical sensations, etc.) to understand the emotions they are feeling.

Learning self-reflection and problem-solving

Learning about the connection between thoughts, feelings, behaviours and emotions

Developing compromise, cooperation, and empathy

Developing theory of mind and emotional awareness