

# CHARACTER EDUCATION

# EMPATHY



Heart & Mind  
TEACHING



# EMPATHY



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# EMPATHY

## PARENT LETTER

Hello Parents,

We are learning all about Empathy. We defined showing empathy as: Recognizing, understanding, and sharing the thoughts and feelings of another.

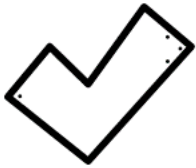
Here are some ways you can teach Empathy to your child at home:



When reading or watching T.V. with your child ask how they think the character might be feeling if they were to put themselves in their shoes.



Empathize with your child "I imagine you felt frustrated when..."



Talk about feelings of others, "She is probably feeling sad because you took her toy from her."



Suggest how they can show empathy, "Let's get grandma some flowers to cheer her up."

Saying sorry is not always effective in encouraging empathy. Instead ask, How do you think she is feeling right now? What is something you can do to ask for forgiveness?



# EMPATHY

## WRITING PROMPTS

1. When you are around others do you spend most of the time talking or listening? Would you change that about yourself?
2. What are some good and bad experiences you have had that would help you to understand if someone is going through a similar experience? Explain.
3. Who is a person (famous or local) who you think of as being very empathetic? What have they done to make you think of them this way?
4. Is it ever difficult to be empathetic? Give examples.
5. Is important to be empathetic to others? Why or why not?
6. Describe something you did that was empathetic. How did it make you feel? What did you learn from that?

# EMPATHY

## RECOMMENDED READ ALOUDS

- \*I am Human: a Book of Empathy by Susan Verde
- The Rabbit Listened by Cori Doerrfeld
- \*We don't eat our classmates by Ryan T. Higgins
- \*Stand in my shoes by Bob Sornson
- \*You, me and Empathy by Jayneen Sanders and Sofia Cardoso
- \*Empathy is your superpower by Cori Bussolari
- \*We're all Wonders by R.J. Palacio
- \*Hey, Little Ant by Phillip M. Hoose
- \*I walk with Vanessa by Kerasoet
- \*Have you filled a Bucket today? By Carol McCloud
- \*Strictly No Elephants by Lisa Mantchev
- \*Each Kindness by Jacqueline Woodson
- \*The Invisible Boy by Trudy Ludwig
- \*Jake the Growling Dog by Samantha Shannon



# EMPATHY

## MORNING ANNOUNCEMENTS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**\*Week 1:** We are learning all about Empathy. We defined showing empathy as recognizing, understanding, and sharing the thoughts and feelings of another. Some ways you can show empathy at school are including others, asking how someone is feeling, listening without interrupting, and thinking about others' perspectives.

**\*Week 2:** We are continuing to learn all about Empathy. Remember showing empathy is recognizing, understanding, and sharing the thoughts and feelings of another. Some ways that you can show empathy at home are comforting your parent, being sensitive to the feelings of your family members, and being patient with younger siblings.

**\*Week 3:** We are continuing to learn all about Empathy. Remember showing empathy is recognizing, understanding, and sharing the thoughts and feelings of another. Some ways that you can show empathy in your community is by caring about the feelings of your neighbors, inviting a kid sitting alone at the park to play, and picking the person that never gets picked to be on your team.

**\*Week 4:** As we continue to learn about Empathy, let's reflect on this quote by Daniel H. Pink, "Empathy is about standing in someone else's shoes, feeling with his or her heart, seeing with his or her eyes. it makes the world a better place." What is one way you will show empathy today?

**\*Week 5:** Empathy is an essential trait to have for many careers. Psychologists for example show a lot of empathy, they study normal and abnormal thinking and behavior. They work with individuals, couples, and families in a variety of settings. They determine and provide treatment for their patients. This treatment often includes therapy. During therapy, a psychologist must show empathy for their patient. It is a critical part of therapy because empathy helps the person feel understood and accepted. This helps build a relationship of trust between the psychologist and their patient, so the patient can open up about what is bothering them. Think of a career you may be interested in and how you can show empathy within that career.

**\*Week 6:** Empathy is also shown by many leaders throughout history and is an important feature of being a leader. One such leader is the Dalai Lama, the spiritual leader of Tibet and spends his life committed to benefitting humanity. In 1989, the Dalai Lama was awarded the Nobel Peace Prize for his nonviolent efforts for the liberation of Tibet. He has advocated for peaceful solutions based upon tolerance and mutual respect. Through his words, he encourages others to live with compassion and empathy through his writings, books, and public speaking events. He shows us the importance of empathy stating, *"Looking at various means of developing compassion, I think empathy is an important factor, the ability to appreciate others' suffering."* Think about how you can be a leader in your classroom by showing empathy.



# I CAN SHOW EMPATHY

BY

*recognizing,*  
UNDERSTANDING,  
AND SHARING  
THE thoughts  
AND feelings  
OF ANOTHER  
PERSON.



CHARACTER EDUCATION

# I CAN BE EMPATHY

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CHARACTER EDUCATION



# EMPATHY

## PRE-SURVEY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I am learning to show Empathy.



Always



Sometimes



Hardly



Never

I can define what empathy means.				
I can identify ways to show empathy.				
I can recognize empathetic behavior.				
I show empathy in the classroom.				
I show empathy at home.				
Showing empathy is important to me.				
I think about how someone else might feel before I do something.				

# EMPATHY

## POST-SURVEY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I am learning to show Empathy.



Always



Sometimes



Hardly



Never

I can define what empathy means.				
I can identify ways to show empathy.				
I can recognize empathetic behavior.				
I show empathy in the classroom.				
I show empathy at home.				
Showing empathy is important to me.				
I think about how someone else might feel before I do something.				

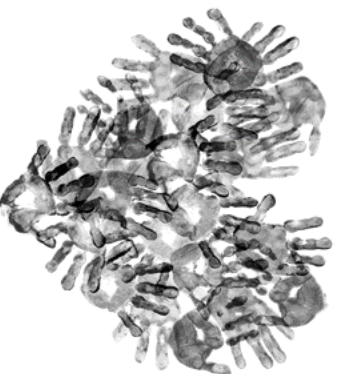
# EMPATHY GOOD CHARACTER AWARD

Presented to:

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Teacher



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Date



# EMPATHY GOOD CHARACTER AWARD

Presented to:

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Teacher

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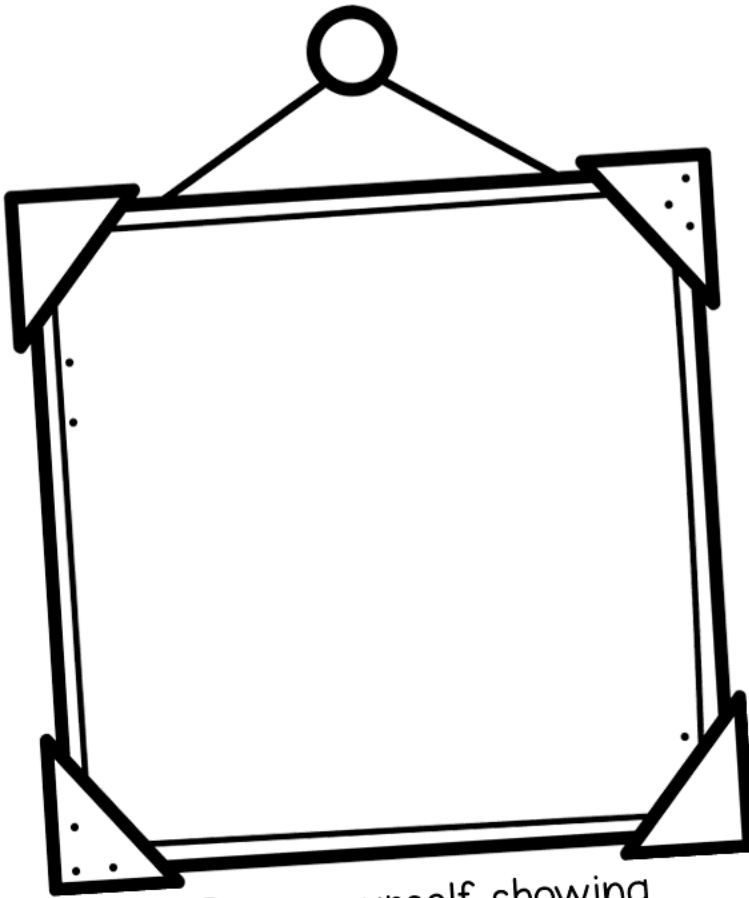
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# EMPATHY

## WAYS TO SHOW EMPATHY

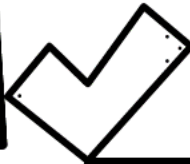
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Date: \_\_\_\_\_



Draw yourself showing  
empathy to someone.

I can show empathy by...



What does Empathy mean to me?



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# EMPATHY

## WAYS TO SHOW EMPATHY

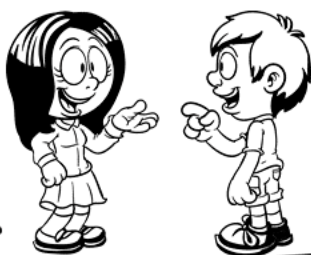
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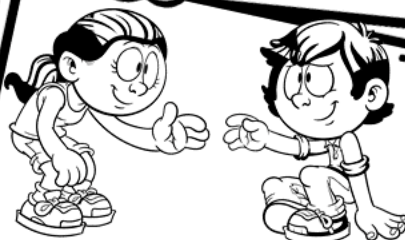


## Ways I can show Empathy at School

Ask someone how they are feeling.



Help an injured person to the school nurse.



Listen to someone without interrupting.



Wait your turn in line.



Use Kind words.



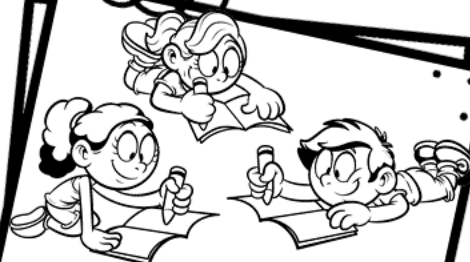
Think about the other person's perspective.



Include someone who is left out.



Pick the person that never gets picked to be in your group.



Encourage a classmate.





# EMPATHY

## WAYS TO SHOW EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Ways I can show Empathy at Home

Tell someone you care about them



Calm your pet when they are upset



Let a relative know you are thinking about them.



Check on a sibling who is not feeling well.



Be sensitive to the feelings of your family members.



Give a family member a compliment.



Be patient with your younger sibling.



Do an extra chore to help out.



Comfort a parent.



# EMPATHY

## WAYS TO SHOW EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### Ways I can show Empathy in my Community

Say thank you to community workers.



Be caring to the feelings of your neighbors.



Invite a kid sitting alone at the park to play.



Pick the person that never gets picked to be on your team.



Help a neighbor with Chores.



Donate to a charity.



Send a get-well card to a neighbor.



Tell an essential worker you appreciate them.



Feed a homeless dog.



Help an injured person to  
the school nurse.

Calm your pet when  
they are upset.

Use  
Kind words.

Invite a kid sitting alone at  
the park to play.

Check on a sibling who is  
not feeling well.

Wait your turn in line.

Be patient with your  
younger sibling.

Include someone  
who is left out.

Comfort a parent.

Be caring to the feelings  
of your neighbors.

Listen to someone  
without interrupting.

Say thank you to  
community workers.

Pick the person that  
never gets picked to  
be in your group.

Let a relative know you  
are thinking about them.

Feed a  
homeless dog.

Encourage a  
classmate.

Think about the other  
person's perspective.

Tell an essential worker you  
appreciate them.



# EMPATHY

## WAYS TO SHOW EMPATHY SORT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Ways I can show empathy  
in my School

Ways I can show empathy  
in my Home

Ways I can show empathy in  
my Community

# EMPATHY

## STUDENTS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Empathetic Students

# SNOWBALL FIGHT



It's recess, Calvin and his classmates are outside playing in the snow. Calvin decides it would be fun to have a snowball fight. Other classmates get excited and start throwing snowballs. Everyone is laughing and having fun, except one of Calvin's friends looks upset. Calvin throws the snowball at him and asks him to play, but his friend tells him he does not like it and is not having fun. Even though Calvin thinks it's fun, he can see his friend is not happy with the activity and may feel left out. He apologizes for hitting him with the snowball and offers to play something else with him.

How did this student show Empathy?



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# EMPATHY

## LEADERS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Empathetic Leaders

# DALAI LAMA



The Dalai Lama is the spiritual leader of Tibet and spends his life committed to benefitting humanity. In 1989, the Dalai Lama was awarded the Nobel Peace Prize for his nonviolent efforts for the liberation of Tibet and his concern for global environmental problems. He has advocated for peaceful solutions based upon tolerance and mutual respect. He is committed to promoting basic human values, fostering harmony between all religions, and he advocates for the welfare of the Tibetan people. Through his words, he encourages others to live with compassion and empathy through his writings, books, and public speaking events. He shows us the importance of empathy stating, *"Looking at various means of developing compassion, I think empathy is an important factor, the ability to appreciate others' suffering."*

How does the Dalai Lama show Empathy?



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# EMPATHY

## CAREERS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Empathetic Careers

# PSYCHOLOGIST



Psychologists study normal and abnormal thinking and behavior. They work with individuals, couples, families, or groups in a variety of settings like hospitals, private practices, schools, and businesses. They determine and provide treatment for their patients. This treatment often includes therapy. During therapy, a psychologist must show empathy for their patient. It is a critical part of therapy because empathy helps the person feel understood and accepted. This helps build a relationship of trust between the psychologist and their patient, so the patient can open up about what is bothering them.

How do Psychologists show Empathy?



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# EMPATHY

## DIGITAL CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Digital Empathy

# DIGITAL CONNECTION



Vera's friend had a rough day at school, and when she saw her get off the school bus, she looked sad and upset. When Vera got home and checked her social media, she saw Vera had posted about having a terrible day and feeling alone. Vera thinks about how her friend must feel and wants to cheer her up. She comments on the post saying positive things about Vera and that she is here for her if she wants to talk. Vera then texts her friend the same messages, and her friend writes back, and they chat until her friend feels better.

How did she show digital empathy?



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Asking if  
someone  
is okay.



Ignoring  
someone.



Being  
open  
to  
differences.



Being able  
to see  
other  
perspectives.



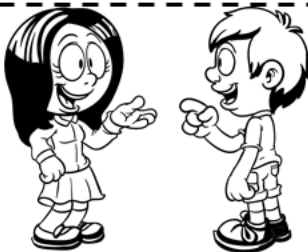
Excluding  
someone.



Interrupting  
someone.



Listening to  
someone.



Seeing only your  
point of view.



Telling  
someone that  
you don't  
care.



Judging others.



Helping  
someone.



Using kind  
words.



# EMPATHY

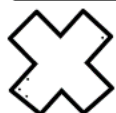
## EMPATHETIC OR NOT? SORT

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### THIS IS SHOWING EMPATHY



### THIS IS NOT SHOWING EMPATHY

# EMPATHY

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine how it might make the person feel.

### EFFECT

A classmate tells a joke, and no one laughs.

There is a kid sitting alone at lunch, no one is talking to them.

A classmate interrupts your friend when they are in the middle of telling a story.



# EMPATHY

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine how it might make the person feel.

### EFFECT

Your sibling gets an award for straight A's.



Blank box for writing the effect of the first situation.

Your friend sees a mean comment on their social media picture.



Blank box for writing the effect of the second situation.

Your teacher is struggling with getting her computer to work.



Blank box for writing the effect of the third situation.

# EMPATHY

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine how it might make the person feel.

### EFFECT

Your parent is sick and still has to go to work and take care of the house.

Your friend is being bullied by another kid at school.

A classmate is called a mean name.

# EMPATHY

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine how it might make the person feel.

### EFFECT

A kid in the hallway trips and falls in front of everyone.

The class is not listening to your teacher.

A teammate misses the ball and causes the team to lose the game.

# EMPATHY

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine how it might make the person feel.

### EFFECT

Your classmate wins a contest they entered.

There is a homeless person on the road begging for food.

A little girl in the store is crying because she can't find her parent.



# EMPATHY

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine how it might make the person feel.

### EFFECT

Your friend hears gossip that others have been saying about them.

Your friend's cat passed away.

Your classmate tattles on another classmate.

# EMPATHY

## ROAD TO EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO EMPATHY: COLOR THE CAR OF YOUR ANSWER.



Do nothing.

Your sister is crying  
on the sofa.



Ask her if she wants to talk about it.



Tell her to stop crying.



Ask her if there is something you  
can do to help out.

Your mom had a  
hard day at work  
and looks tired.



Ask her to do something for  
you.



Ignore her.



Invite them to play.

You see a classmate  
sitting alone at  
recess.



Assume they do not want to play.



Leave them alone.

# EMPATHY

## ROAD TO EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO EMPATHY: COLOR THE CAR OF YOUR ANSWER.

It's your brothers turn to play video games, but you are having so much fun.



Tell him you need a few more minutes.



Let your brother have a turn.



Keep playing, your brother can get over it.

You find out that your friend is sick and that's why they missed school.



Call them after school and see if they are ok and need anything.



Don't do anything.



Call your friend and tell them not to miss any more school.

The person who sits next to you in art class tells you that they are having the worst day ever.



Roll your eyes and tell them that it can always be worse.



Move seats.



Attempt to cheer them up.

# EMPATHY

## ROAD TO EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO EMPATHY: COLOR THE CAR OF YOUR ANSWER.

A classmate trips  
and falls in the  
cafeteria and their  
food spills  
everywhere.



Laugh at them.



Ignore it.



Help them clean up the spill.

Your classmate says  
an answer aloud in  
class but it's not  
correct and they are  
embarrassed.



Tell them "good try".



Tell them to pay better attention  
to the lesson.



Smile but don't say anything.

Someone gives you a  
valentine card, but  
you don't really like  
them.



Laugh at them.



Give them the card back.



Tell them thank you for the  
card.



# EMPATHY

## ROAD TO EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO EMPATHY: COLOR THE CAR OF YOUR ANSWER.

Your classmate left  
their homework at  
home.



You leave it for her to do when  
she feels better.



Keep busy with other things so she  
does not ask you to help.



Help clean the house.

Your teacher is  
struggling to get  
everything done and  
still has a bunch of  
pencils that need to  
be sharpened.



Tell her she looks stressed.



Offer to help sharpen the pencils  
for her.



Keep going with your day.

Your friend posted a  
selfie online, and  
someone made  
some mean  
comments on it.



Ignore it.



Tell your other friends about it.



Tell an adult what you saw and  
reach out to your friend.

# EMPATHY

## ROAD TO EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO EMPATHY: COLOR THE CAR OF YOUR ANSWER.

Your friend was called  
a mean name and is  
upset about it.



Tell her to get over it, and who  
cares what others think.



Laugh and tell her it was funny.



Give her a hug, and a  
compliment.

At recess, you see  
someone sitting  
alone and no one is  
talking to them.



Keep playing and let someone  
else include them.



Look at them with pity.



Ask them if they want to play.

Your friend is telling  
you an important  
story, but you have a  
lot to do, and the  
story is taking a  
while.



Ask her to wrap it up quickly.



Continue to listen until she is  
done with the story.



Interrupt and tell her you will  
hear the rest later.

# EMPATHY

## ROAD TO EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO EMPATHY: COLOR THE CAR OF YOUR ANSWER.

Your classmate is really nervous about doing well on the upcoming test.



Tell him that he can do it and to just do his best.



Ignore him.



Let him cheat off your paper.

Your teammate is upset because they did not score during the last game.



Tell him you are upset he did not score too.



Tell him the game is not important anyways.



Tell him that you imagine that would be disappointing.

Your little brother is angry because your parents are not letting him do something he wants to do.



Laugh at him.



Let your mom know.



Tell him you went through something similar, and you understand how he feels.

# EMPATHY

## AN EMPATHETIC WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### How do they feel?

Think about how the person must be feeling considering the situation.

George is trying to understand how to build something, but he has no instructions.



Happy



Silly



Confused



Worried

Shelly's brother jumps out of a bush, and she screams.



Sad



Excited



Shocked



Tired

Angel dropped his ice cream on the ground.



Mischievous



Angry



Bored



Confused

Stacy has a presentation in front of the whole school.



Happy



Mischievous



Nervous



Surprised

Justin is sneezing and feels run down like he needs to rest.



Sick



Frustrated



Worried



Content



# EMPATHY

## AN EMPATHETIC WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### How do they feel?

Think about how the person must be feeling considering the situation.

Christopher sees a spider near him and jumps out of his seat screaming.



Worried



Sick



Scared



Sad

Kelley is performing in the talent show and is about to go on stage.



Nervous



Content



Shocked



Mischievous

Logan wins a prize at the carnival.



Sick



Bored



Confused



Excited

Tina misses her grandma who she has not seen in a while.



Happy



Worried



Tired



Sad

Peter is laughing at a funny joke.



Confused



Frustrated



Silly



Happy

# EMPATHY

## AN EMPATHETIC WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Empathy vs. Sympathy

Sympathy is feeling pity or sorrow for someone else's misfortune. Empathy is about understanding how someone must feel and sharing that feeling with them. Read the situations and determine if empathy or sympathy was shown.



Angela's friend is crying because her pet recently passed away. She goes over and sits with her and holds her hand. She feels sad too, for her friend.

**WHICH WAS SHOWN?**

**EMPATHY**

**SYMPATHY**



Sasha is worried about the upcoming test she has. Her friend sees her and asks if there is anything she can do to help.

**WHICH WAS SHOWN?**

**EMPATHY**

**SYMPATHY**

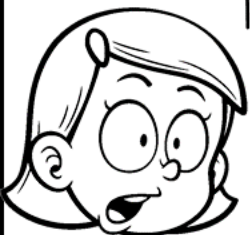


Luis is angry over losing the game they are playing. The other game player looks at him with pity and tells him "sorry that's too bad."

**WHICH WAS SHOWN?**

**EMPATHY**

**SYMPATHY**



Tanya is very afraid of spiders. Her brother is not afraid of them but gives her a hug and tells her he can relate and tells her a story of something he is afraid of.

**WHICH WAS SHOWN?**

**EMPATHY**

**SYMPATHY**



Josh is sick and he tells his friend he is not feeling well. He tells him "feel better" and walks away.

**WHICH WAS SHOWN?**

**EMPATHY**

**SYMPATHY**



# EMPATHY

## AN EMPATHETIC WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Responding Empathetically

The best way to respond showing empathy is to acknowledge how the other person feels. When you connect with someone's pain or struggle, it helps them feel supported. It shows you understand (or are trying to understand) how he/she might be feeling. Read the situations below and type in your response showing empathy.

Your friend tells you that they can't seem to understand the math lesson no matter how hard they try.

It sounds like....



I hear you saying...

Your sibling tells you they are upset because someone said they don't want to be their friend.



Your classmate tells you they never get picked by the teacher and feel that it's not fair.

I imagine that is...





# EMPATHY

## AN EMPATHETIC WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Responding Empathetically

The best way to respond showing empathy is to acknowledge how the other person feels. When you connect with someone's pain or struggle, it helps them feel supported. It shows you understand (or are trying to understand) how he/she might be feeling. Read the situations below and type in your response showing empathy.



That must be...

Your friend tells you that they spilled ketchup all over themselves in the lunchroom and everyone laughed.

Your classmate is upset because someone called them a mean name.

I can see how that would be...



I imagine that is...

Your sibling tells you that no one picked them to be on a team at recess and they had to sit alone.

# EMPATHY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## AN EMPATHETIC WORLD

What are some examples of empathy you have seen from others?

Teacher

.



.

.

.

.

Parent/Guardian

.

.

.

.



On T.V.

.



.

.

.

.

Friends

.

.

.

.





# EMPATHY

## AN EMPATHETIC WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What would society look like if no one showed empathy?



Would you want to live in this society, why or why not?



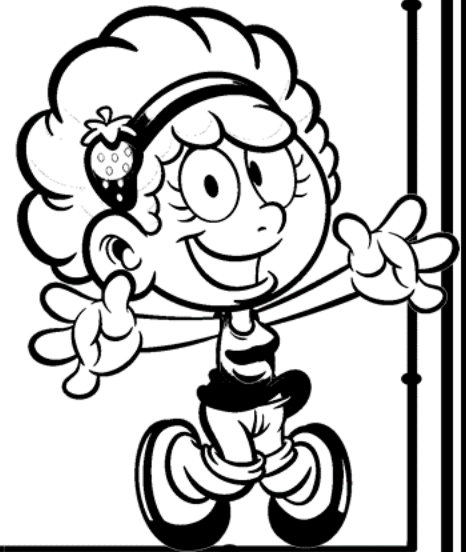
# EMPATHY

## AN EMPATHETIC WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What would society look like if everyone showed empathy?



Would you want to live in this society, why or why not?



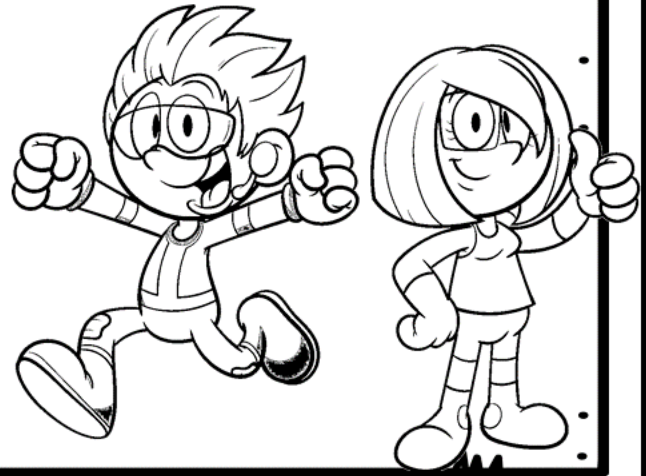
# EMPATHY

## AN EMPATHETIC WORLD

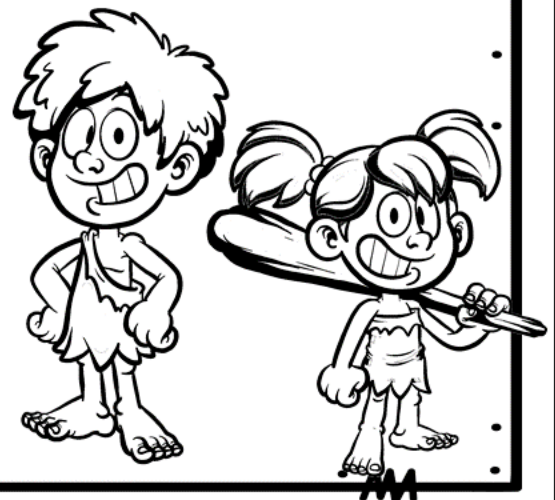
Name: \_\_\_\_\_

Date: \_\_\_\_\_

Let's time travel to the future, what is one way you would want people to show more empathy? Why?



Let's time travel to the past, what is one way you would have wanted people to show more empathy? Why?



# EMPATHY

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show empathy.

I was NOT showing empathy when I...

○

○

.

What I learned...

○

○

.

This is how I will be more empathetic...

○

○

.

# EMPATHY

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about what empathy means to you and how you like to show empathy or have others show empathy to you.

One way I would like to show empathy



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

One way I would want empathy shown to me



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

Showing empathy is important to me because



	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------



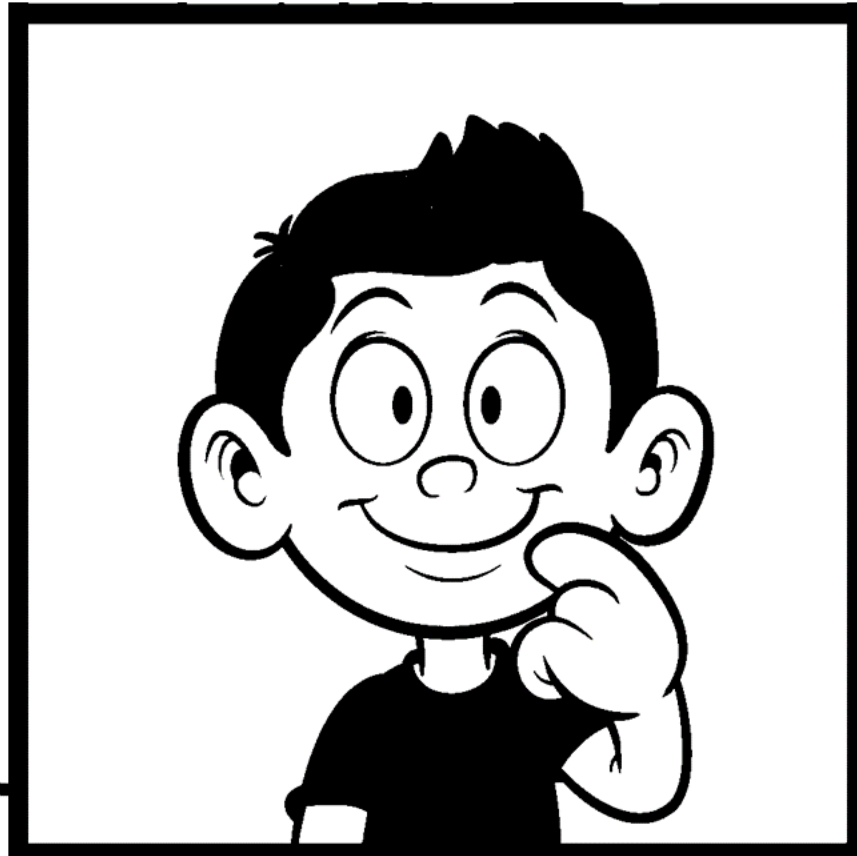
# EMPATHY

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about the ways you show empathy, pick one that you feel you are consistent in doing and reflects your good character.



I show empathy by:

**I SHOW**  
**EMPATHY**

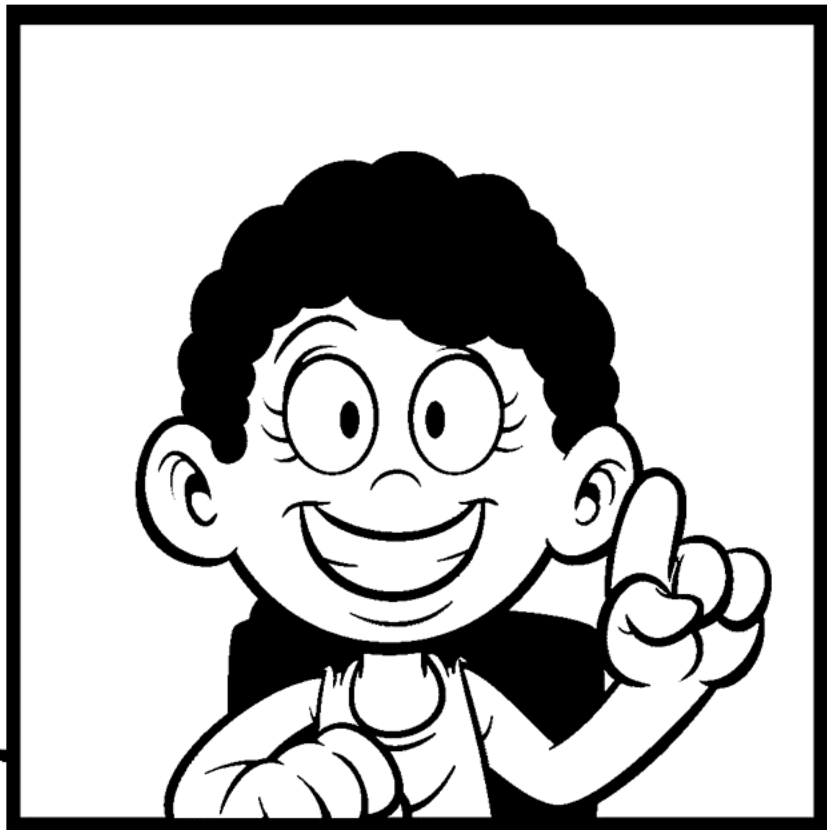
# EMPATHY

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about the ways you show empathy, pick one that you feel you are consistent in doing and reflects your good character.



I show empathy by:

**I SHOW  
EMPATHY**

# EMPATHY

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about the ways you show empathy, pick one that you feel you are consistent in doing and reflects your good character.



I show empathy by:

**I SHOW**  
**EMPATHY**

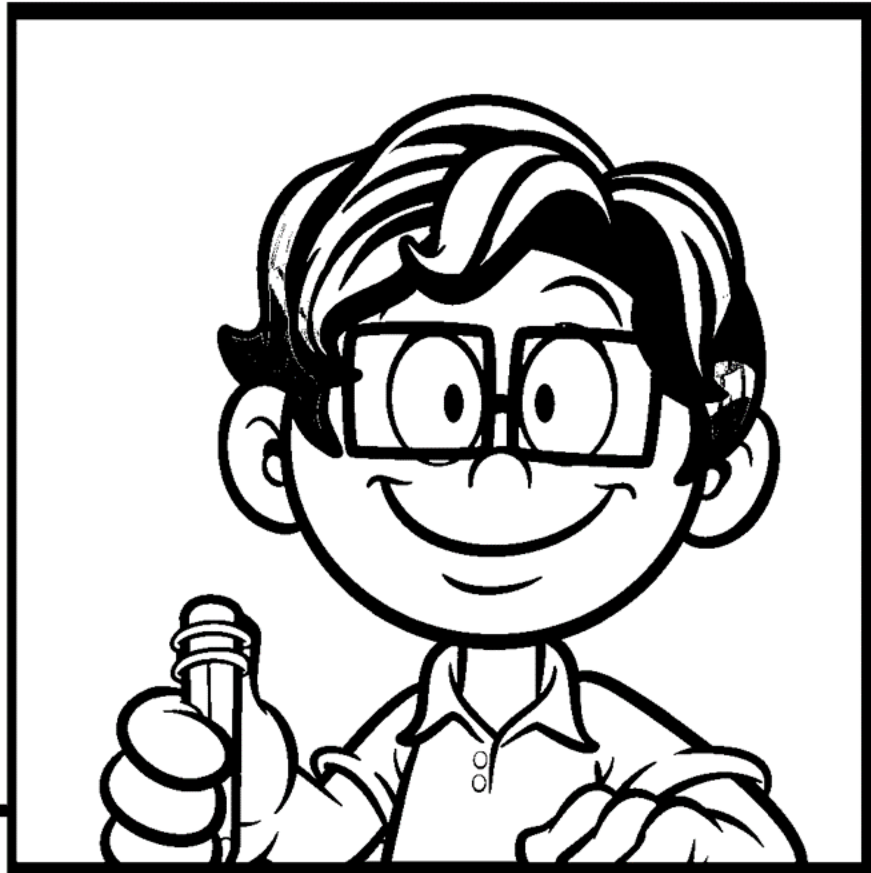
# EMPATHY

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about the ways you show empathy, pick one that you feel you are consistent in doing and reflects your good character.



I show empathy by:

**I SHOW**  
**EMPATHY**

# TASK THINK & DISCUSS CARDS



## TIPS FOR USING TASK CARDS

- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)

## DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered empathetic decisions?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to be empathetic or not?
- Does one unempathetic decision make you not an empathetic person?
- What will happen if you repeatedly make unempathetic decisions?



# EMPATHY



## THINK & DISCUSS

What does it mean to put yourself in someone else's shoes?



# EMPATHY



## THINK & DISCUSS

What are ways to be an empathetic friend?



# EMPATHY



## THINK & DISCUSS

What is a way to disagree with someone in an empathetic way?



# EMPATHY



## THINK & DISCUSS

What are ways you can show empathy when you are online?



# EMPATHY

What can you do to help someone who is feeling upset?



**THINK & DISCUSS**



# EMPATHY

What are ways to show empathy as a student?



**THINK & DISCUSS**



# EMPATHY

What are ways to show empathy as a family member?



**THINK & DISCUSS**



# EMPATHY

Think of someone who shows empathy. How are they empathetic?



**THINK & DISCUSS**



# EMPATHY



**THINK & DISCUSS**

Is it showing empathy  
to judge someone?  
Why?



# EMPATHY



**THINK & DISCUSS**

What is one  
way you show  
empathy in  
your life?



# EMPATHY



**THINK & DISCUSS**

Is it showing  
empathy to consider  
other points of view?  
How?

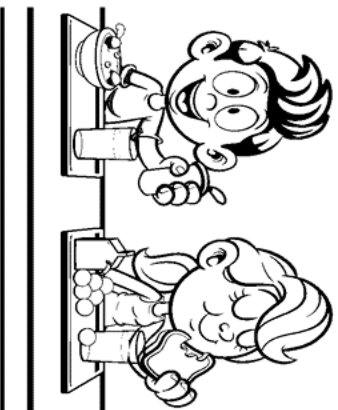


# EMPATHY



**THINK & DISCUSS**

How can you show  
empathy in the  
cafeteria?

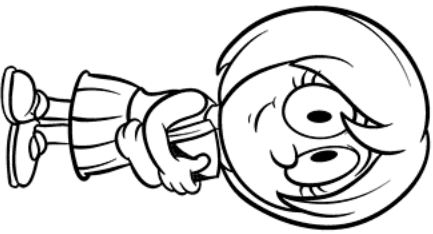


# EMPATHY

How can  
you show  
empathy in  
the library?

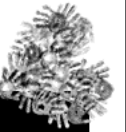


**THINK & DISCUSS**



# EMPATHY

How can  
you show  
empathy in  
the music  
room?



**THINK & DISCUSS**

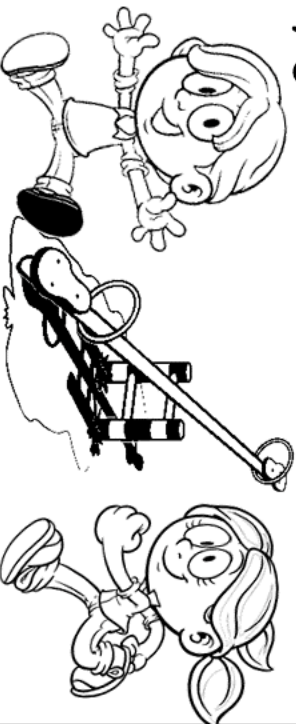


# EMPATHY

How can you show  
empathy on the  
playground?



**THINK & DISCUSS**



# EMPATHY

How can  
you show  
empathy in  
the art  
room?



**THINK & DISCUSS**

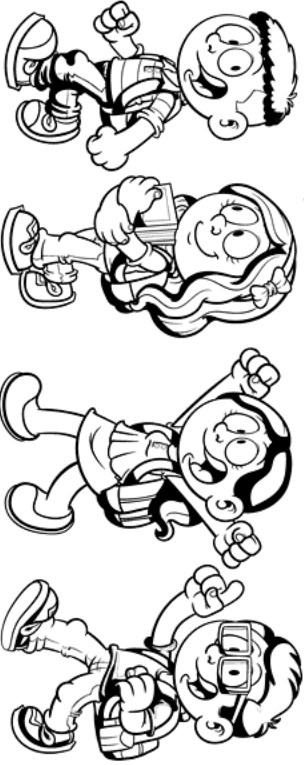




# EMPATHY

How can you show  
empathy in the school  
hallway?

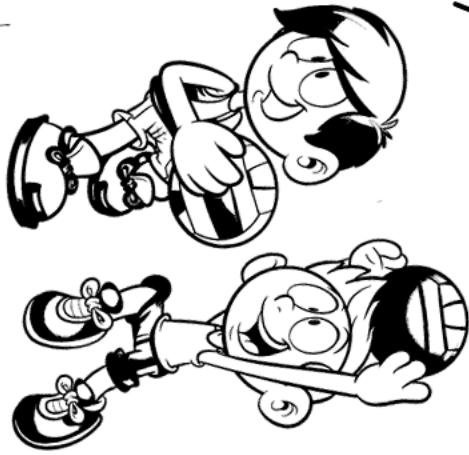
THINK & DISCUSS



# EMPATHY

How can you show  
empathy  
at P.E.?

THINK & DISCUSS



# EMPATHY

How can you show  
empathy to the elderly?

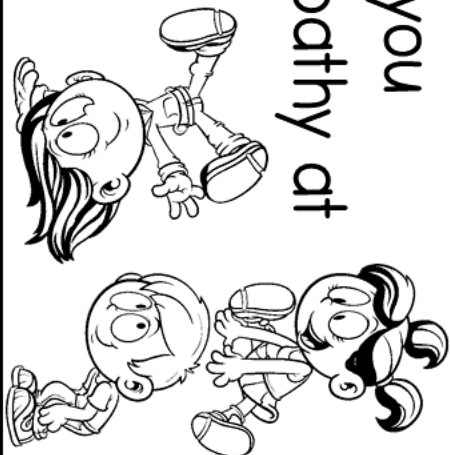
THINK & DISCUSS



# EMPATHY

How can you  
show empathy at  
Recess?

THINK & DISCUSS





# EMPATHY



## THINK & DISCUSS

What is one way  
you wish people  
would show more  
empathy?



# EMPATHY



## THINK & DISCUSS

What is one  
way that you  
want to show  
more empathy?



# EMPATHY



## THINK & DISCUSS

Is it showing  
empathy to ignore  
someone? Why?



# EMPATHY



## THINK & DISCUSS

How can you show  
empathy to people  
who are younger  
than you?



# EMPATHY

How can you show empathy to your teacher? Explain.



**THINK & DISCUSS**



# EMPATHY

Why is it important to try to understand how someone might be feeling?



**THINK & DISCUSS**

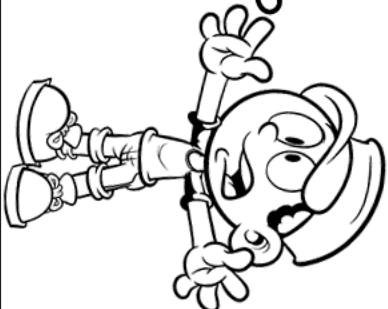


# EMPATHY

Is it showing empathy to interrupt someone when they are speaking? Why?



**THINK & DISCUSS**



# EMPATHY

How can you show empathy to the new kid in the class? Explain.



**THINK & DISCUSS**

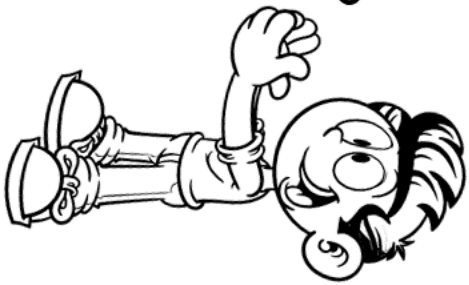


# EMPATHY



## THINK & DISCUSS

What are some ways that I can support others?

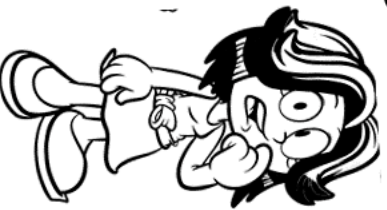


# EMPATHY



## THINK & DISCUSS

Is it showing empathy to pay no attention to someone you see crying? Explain.



# EMPATHY



## THINK & DISCUSS

Is it showing empathy to hear about someone's troubles but do nothing to help? Explain.



# EMPATHY



## THINK & DISCUSS

Is it showing empathy to think only about yourself? Why?

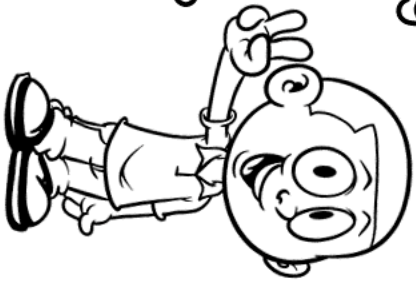


# EMPATHY

How can showing  
empathy change  
the way that  
others view you?



**THINK & DISCUSS**



# EMPATHY

How can showing  
empathy benefit your  
life?



**THINK & DISCUSS**

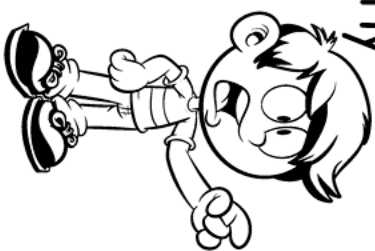


# EMPATHY

When someone does  
not show empathy  
frequently  
how do others  
view them?



**THINK & DISCUSS**



# EMPATHY

Is being empathetic an  
important character trait  
to have in a friend?



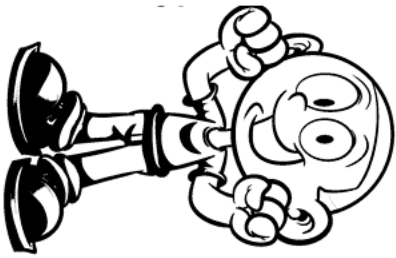
**THINK & DISCUSS**





# EMPATHY

Is showing  
empathy an  
important  
character trait  
for a leader to  
have?



THINK & DISCUSS

# EMPATHY

Is showing empathy  
an important  
character trait  
to have when  
using a phone or  
computer?



THINK & DISCUSS

# EMPATHY

Is showing  
empathy an  
important  
character trait  
for a student to  
have?



THINK & DISCUSS

# EMPATHY

Is showing empathy  
an important  
character trait  
to show working  
in a career?



THINK & DISCUSS



# SITUATION

## WHAT WOULD YOU DO?

# CARDS

### TIPS FOR USING CARDS

- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides



### DIG DEEPER QUESTIONS

- What is the empathetic thing to do and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the empathetic thing to do? Why?
- What are all the different decisions that could be made?

# EMPATHY

## WHAT WOULD YOU DO?

Your friend tells you he is being bullied.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your sister tells you that someone hurt her feelings.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your friend had a terrible day and is crying.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your mom had a bad day at work and looks really stressed.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

You see the new kid in the class sitting alone at recess.

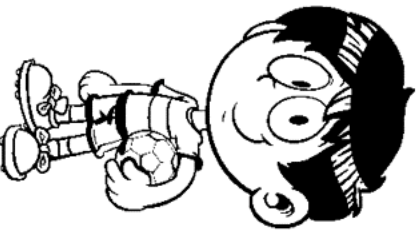
What is the empathetic thing to do?



## WHAT WOULD YOU DO?

Your classmate never gets picked to be first on the team at recess.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your classmate is sick and has missed a lot of school.

What is the empathetic thing to do?



## WHAT WOULD YOU DO?

Your classmate embarrassed himself in front of the whole class.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

When picking groups, your friend tells you not to pick this one girl because she does not like her.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your friend overhears someone telling gossip about them.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your friend does not make the soccer team and he really wanted to be on it.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

You see mean comments on a friend's picture online.

What is the empathetic thing to do?





# EMPATHY

## WHAT WOULD YOU DO?

A few students are acting up in class and your teacher looks upset.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

No one ever invites this one kid to parties, and your party is coming up.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your friend just got braces and is really embarrassed by how they look.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your brother falls and hurts himself while rollerblading.

What is the empathetic thing to do?



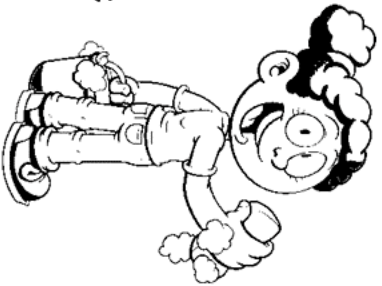


# EMPATHY

## WHAT WOULD YOU DO?

There is a big mess after the art activity, and you see your teacher scrambling to clean it all up.

What is the empathetic thing to do?

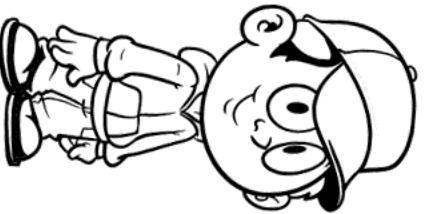


# EMPATHY

## WHAT WOULD YOU DO?

You get invited to a birthday party, but your friend does not get invited.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

You won the game, but your classmate is sad that they lost.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

You get a text message from a friend telling you they are upset because they heard their parents fighting.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your grandfather is looking forward to your visit even though you would rather not go.

What is the empathetic thing to do?



## WHAT WOULD YOU DO?

Your dog is acting like he really needs to go outside for a walk.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

You are rehearsing your singing performance for the upcoming talent show and your brother says it is too loud and is distracting him from his studies.

What is the empathetic thing to do?



## WHAT WOULD YOU DO?

Your brother is upset, and you can hear him crying in his room.

What is the empathetic thing to do?



# EMPATHY



## WHAT WOULD YOU DO?

You see a new student in the hallway who looks lost and nervous.



What is the empathetic thing to do?

# EMPATHY



## WHAT WOULD YOU DO?

You hear a classmate make a joke about another classmate's appearance. They look upset.



What is the empathetic thing to do?

# EMPATHY



## WHAT WOULD YOU DO?

You get invited to a classmate's birthday party, but you know no one else is going to go to it.



What is the empathetic thing to do?

# EMPATHY



## WHAT WOULD YOU DO?

Your mom worked really hard to make your lunch for you, but it does not look that appealing.



What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your little sister is struggling to log into her online class, she is visibly frustrated.

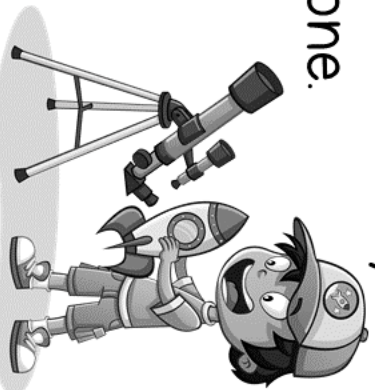
What is the empathetic thing to do?



## WHAT WOULD YOU DO?

You just got a new telescope, and your cousin has always wanted to use one.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

You are playing at the beach with another kid, and they do not have any toys to play with.

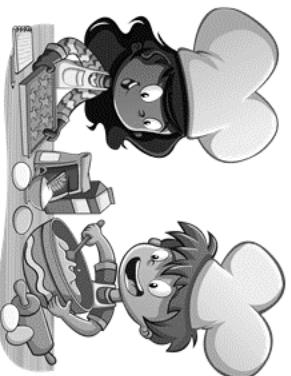
What is the empathetic thing to do?



## WHAT WOULD YOU DO?

Your friend is supposed to bake a bunch of cookies for the bake sale tomorrow but is struggling to get it done and may not finish without help.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

You get picked to be on the cheerleading team, but your friend does not.



What is the empathetic thing to do?

# EMPATHY

## WHAT WOULD YOU DO?

One of the members of your group is sick and not feeling well.



What is the empathetic thing to do?

# EMPATHY

## WHAT WOULD YOU DO?

Your friend tells you she can't go on the field trip because she can't afford it.



What is the empathetic thing to do?

# EMPATHY

## WHAT WOULD YOU DO?

Your friend trips and falls in front of everyone in the cafeteria. He is very embarrassed.



What is the empathetic thing to do?

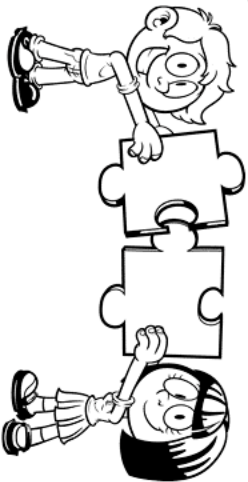


# EMPATHY

## WHAT WOULD YOU DO?

Your classmate is frustrated because they cannot figure out a puzzle they are working on.

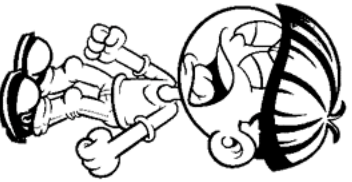
What is the empathetic thing to do?



## WHAT WOULD YOU DO?

Your classmate got in trouble during class and looks upset.

What is the empathetic thing to do?



# EMPATHY

## WHAT WOULD YOU DO?

Your teammate misses the last shot of the game and causes the team to lose. He is upset.

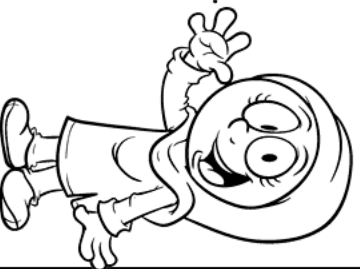
What is the empathetic thing to do?



## WHAT WOULD YOU DO?

One of your classmates' dresses differently than everyone else because of her culture. Some of the kids make fun of her.

What is the empathetic thing to do?



# EMPATHY

THE ABILITY TO

*recognize,*

UNDERSTAND, AND

SHARE THE *thoughts*

AND *feelings* OF

ANOTHER PERSON.

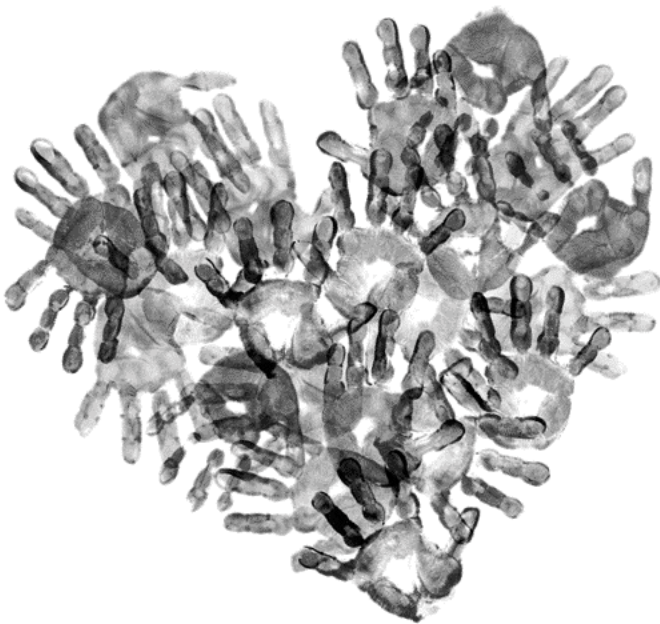
CHARACTER EDUCATION

**EMPATHY**  
**THE ABILITY TO**  
*recognize, UNDERSTAND,*  
**AND SHARE THE**  
*thoughts AND*  
*feelings OF*  
**ANOTHER**  
**PERSON.**



**CHARACTER EDUCATION**

**EMPATHY**  
**THE ABILITY TO**  
*recognize, UNDERSTAND,*  
**AND SHARE THE**  
*thoughts AND*  
*feelings OF*  
**ANOTHER**  
**PERSON.**



**CHARACTER EDUCATION**

# EMPATHY

THE ABILITY TO *recognize*, UNDERSTAND, AND SHARE  
THE *thoughts* AND *feelings* OF ANOTHER PERSON.

Use kind  
words.

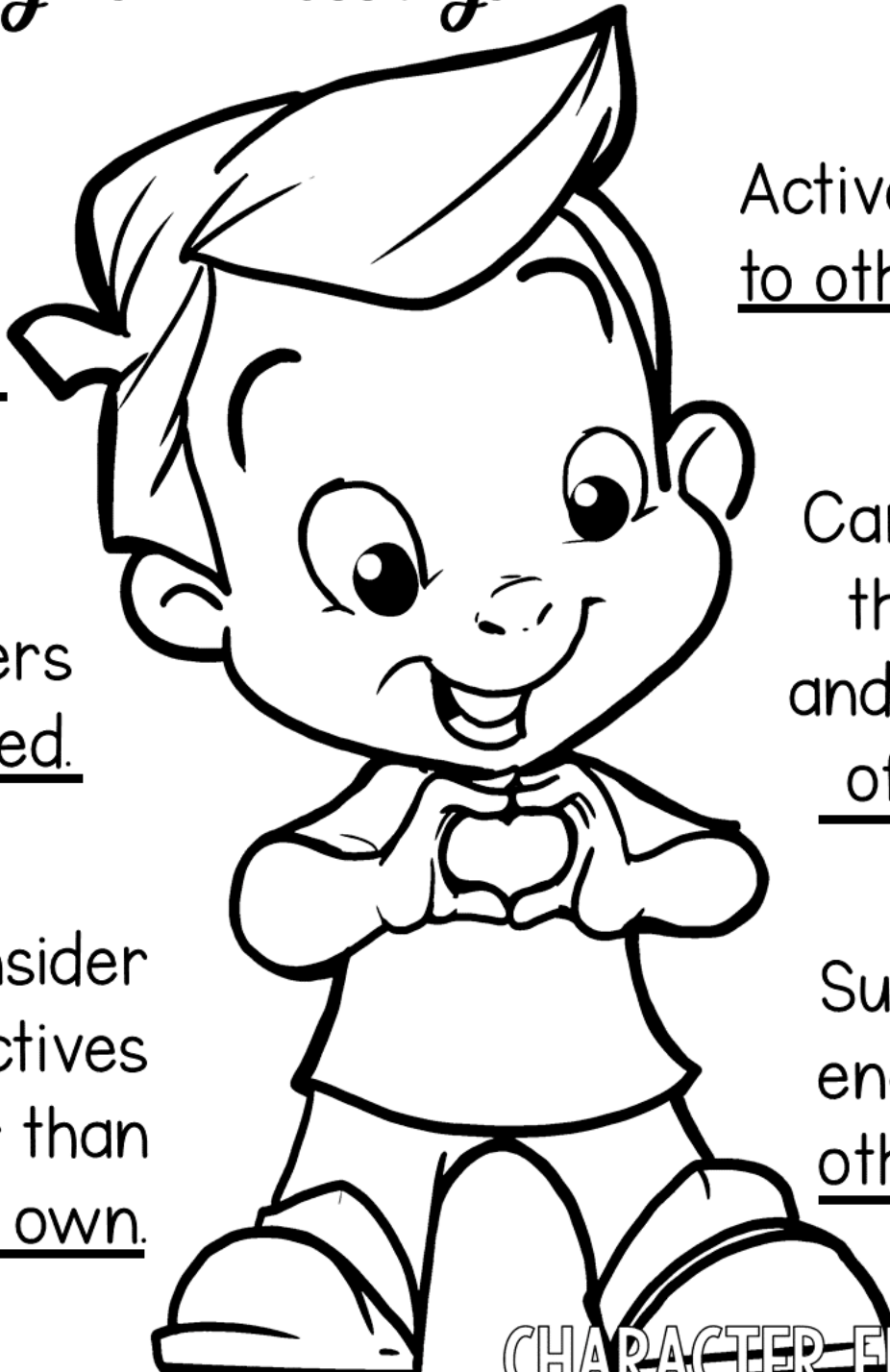
Actively listen  
to others.

Make others  
feel included.

Care about  
the needs  
and feelings  
of others.

Consider  
perspectives  
other than  
my own.

Support and  
encourage  
others.



CHARACTER EDUCATION



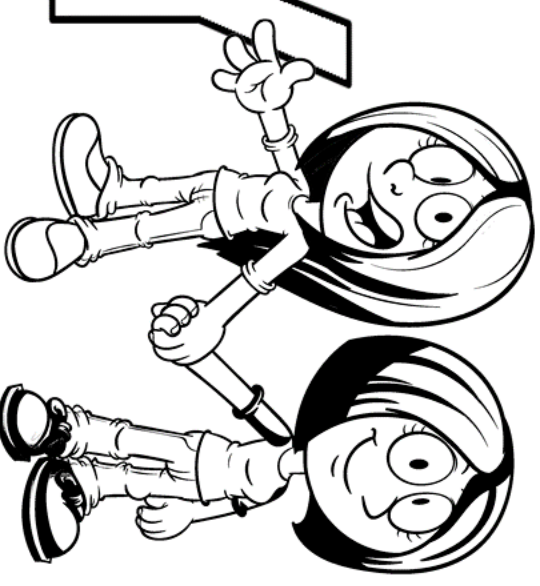
# QUOTE ABOUT

# EMPATHY

**"EMPATHY IS ABOUT STANDING IN SOMEONE ELSE'S SHOES, FEELING WITH HIS OR HER HEART, SEEING WITH HIS OR HER EYES. IT MAKES THE WORLD A BETTER PLACE"**

**- DANIEL H. PINK**

# STUDENTS WITH



**EMPATHY**  
**USE THEIR WORDS AND ACTIONS TO HELP**  
**CREATE A WARM AND ACCEPTING CLASSROOM.**

- ✱ Actively listen to those who are speaking.
- ✱ Help people when they are able to.
- ✱ Make others feel validated and included.
- ✱ Use their words to support and encourage.

# CAREERS WITH

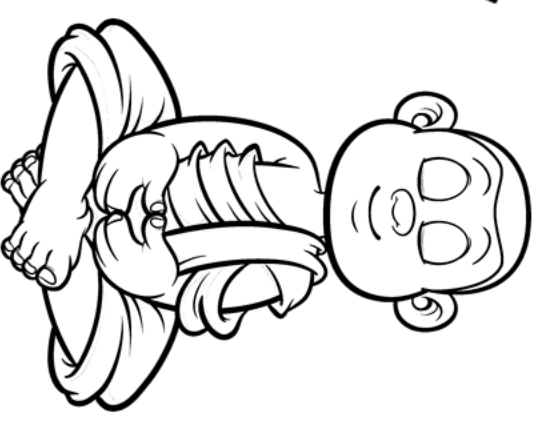
# EMPATHY PSYCHOLOGIST



Psychologists study normal and abnormal thinking and behavior. They work with individuals, couples, families, or groups in a variety of settings like hospitals, private practices, schools, and businesses. They determine and provide treatment for their patients. This treatment often includes therapy. During therapy, a psychologist must show empathy for their patient. It is a critical part of therapy because empathy helps the person feel understood and accepted. This helps build a relationship of trust between the psychologist and their patient, so the patient can open up about what is bothering them.

# LEADERS WITH

# EMPATHY



## DALAI LAMA

The Dalai Lama is the spiritual leader of Tibet and spends his life committed to benefitting humanity. In 1989, the Dalai Lama was awarded the Nobel Peace Prize for his nonviolent efforts for the liberation of Tibet and his concern for global environmental problems. He has advocated for peaceful solutions based upon tolerance and mutual respect. He is committed to promoting basic human values, fostering harmony between all religions, and he advocates for the welfare of the Tibetan people. Through his words, he encourages others to live with compassion and empathy through his writings, books, and public speaking events. He shows us the importance of empathy stating, “*Looking at various means of developing compassion, I think empathy is an important factor, the ability to appreciate others’ suffering.*”

CHARACTER EDUCATION

# DIGITAL

# EMPATHY



**THINK ABOUT HOW THE WORDS YOU ARE  
TYPING ARE GOING TO IMPACT THE PERSON  
ON THE OTHER SIDE OF THE SCREEN.**

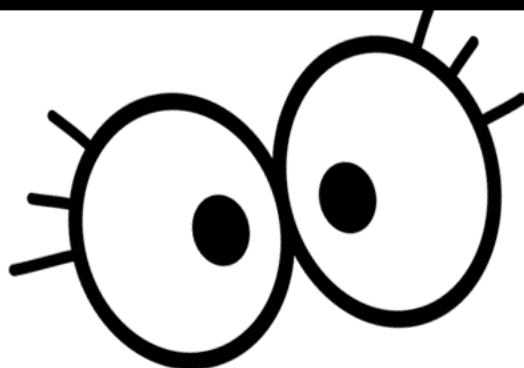
- ✱ Before you press send, think, does this show empathy?
- ✱ Would you want someone to say that to you?
- ✱ Read what you typed back to yourself and out loud to check your tone. Have someone else read it too.

CHARACTER EDUCATION



# EMPATHY

## LOOKS LIKE



- \* I pay attention to the needs of others.
- \* I help people when I can.
- \* I do what's fair and wait my turn.
- \* I seek to understand, not judge.
- \* I embrace differences.
- \* I include others.
- \* I make others feel welcome.

# EMPATHY

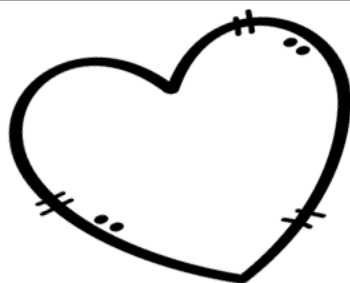
## SOUNDS LIKE



- \* I actively listen to others.
- \* I ask how others are doing.
- \* I comfort someone who is upset.
- \* I encourage others.
- \* I support others.
- \* I give compliments to others.
- \* I help people feel that they are not alone.

# EMPATHY

## FEELS LIKE



- \* I put myself in the other persons shoes to understand how they may feel.
- \* I consider different points of view.
- \* I feel compassionate and kind.
- \* I seek to understand others.
- \* I feel helpful.
- \* I feel connected to others.

# MY EMPATHY PLEDGE

This is how I am going to show Empathy:

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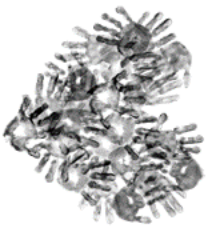


Pledge by: \_\_\_\_\_

# MY EMPATHY PLEDGE

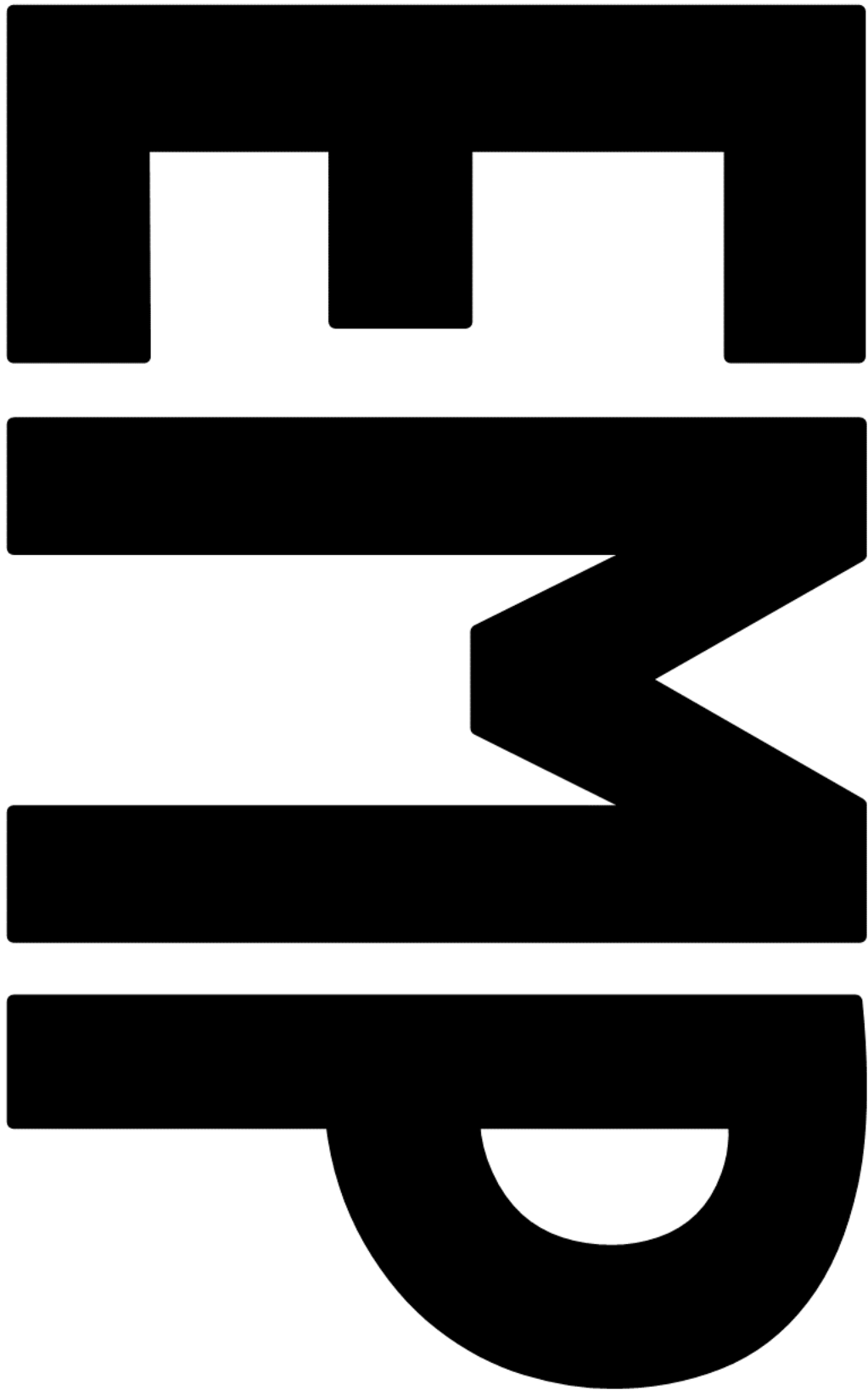
This is how I am going to show Empathy:

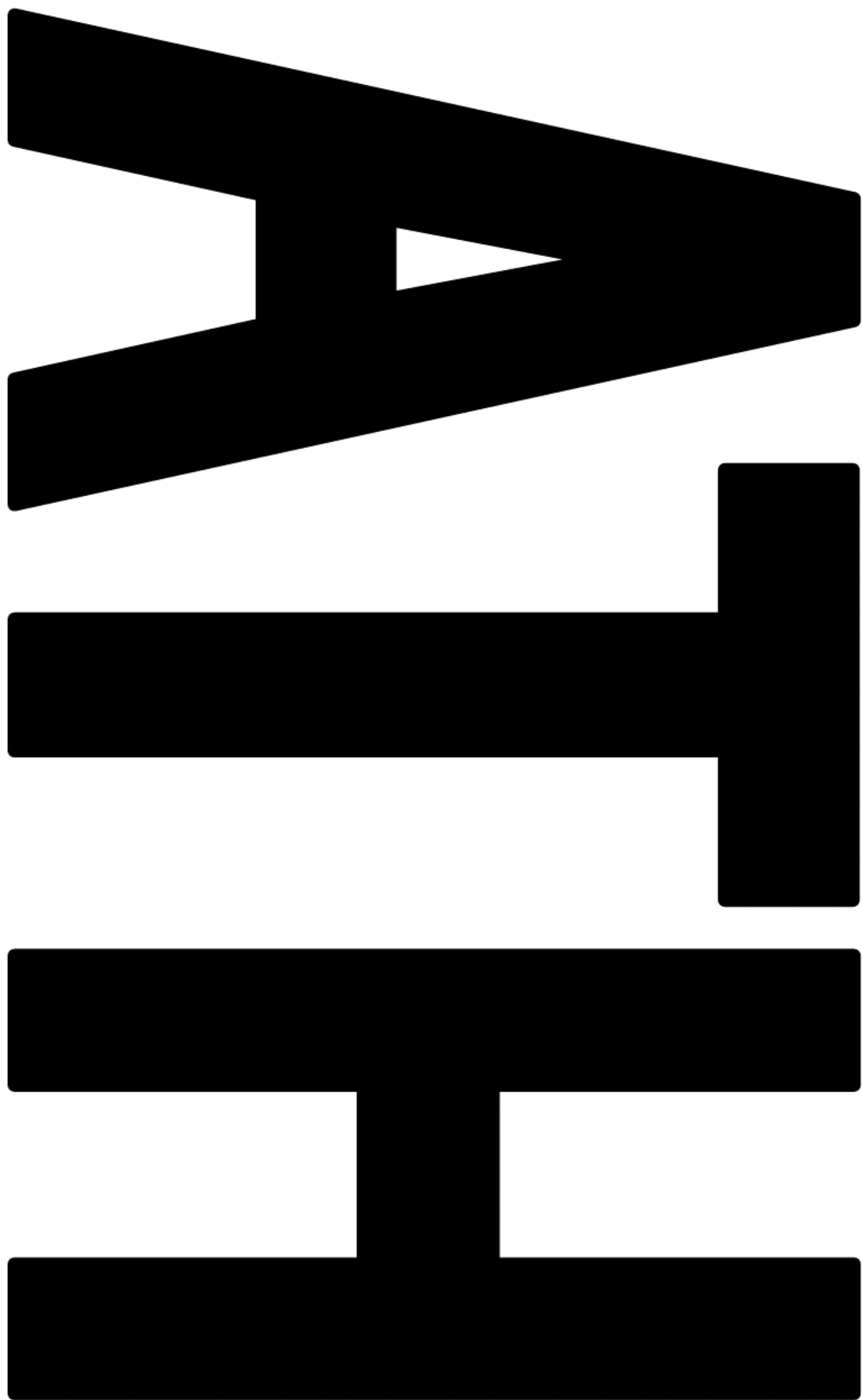
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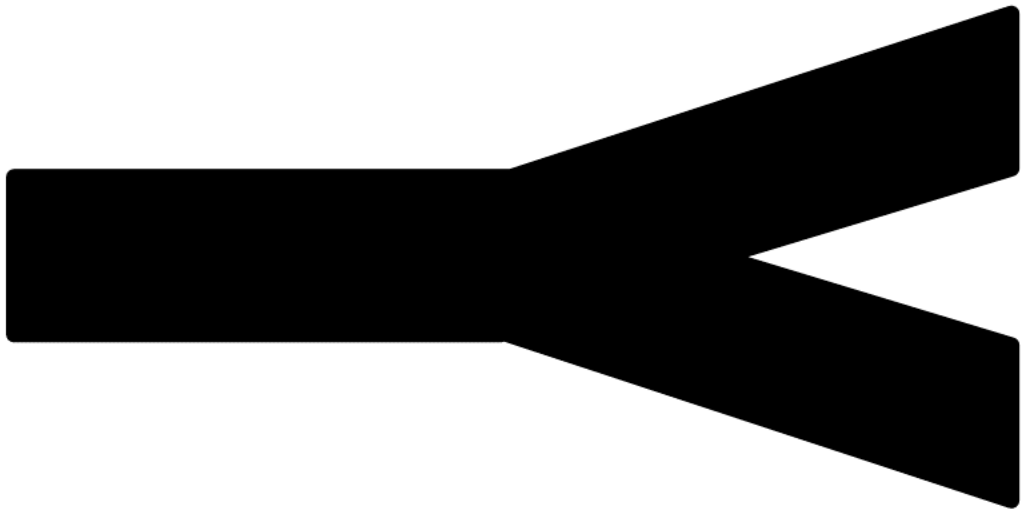


Pledge by: \_\_\_\_\_









# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Character Education: Empathy](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise, they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



**Thank you for supporting my little shop!**

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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Freebie Library

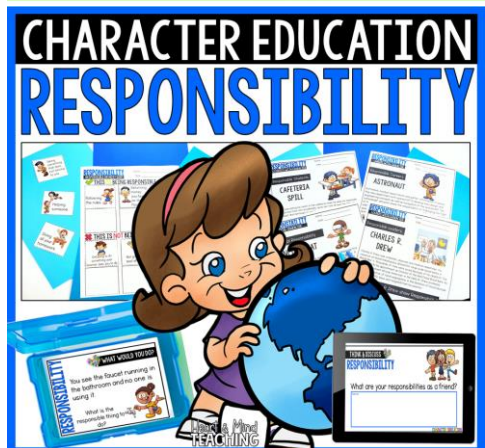
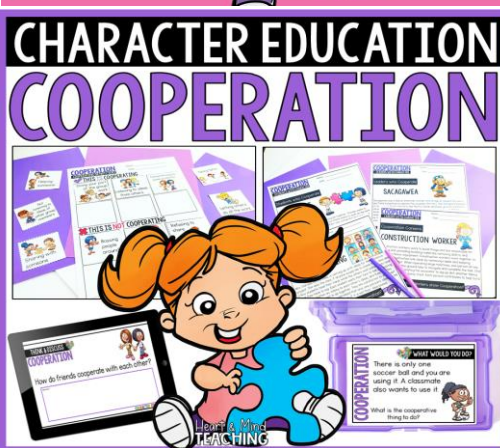
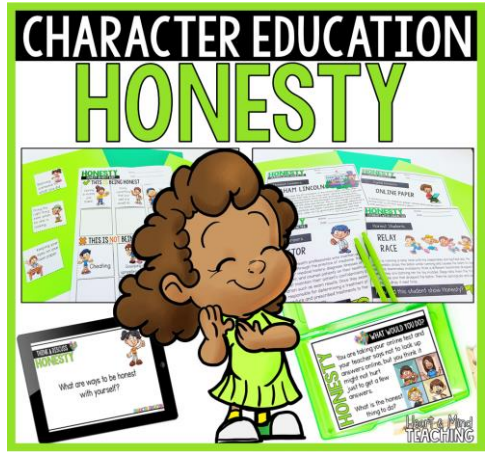


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Check out the other available Character Education traits!

\*Also available as [BOOM CARDS](#)





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## CREDITS



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