

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

BY

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

Teacher



Date

EMPATHY

GOOD CHARACTER AWARD

Presented to:



Teacher

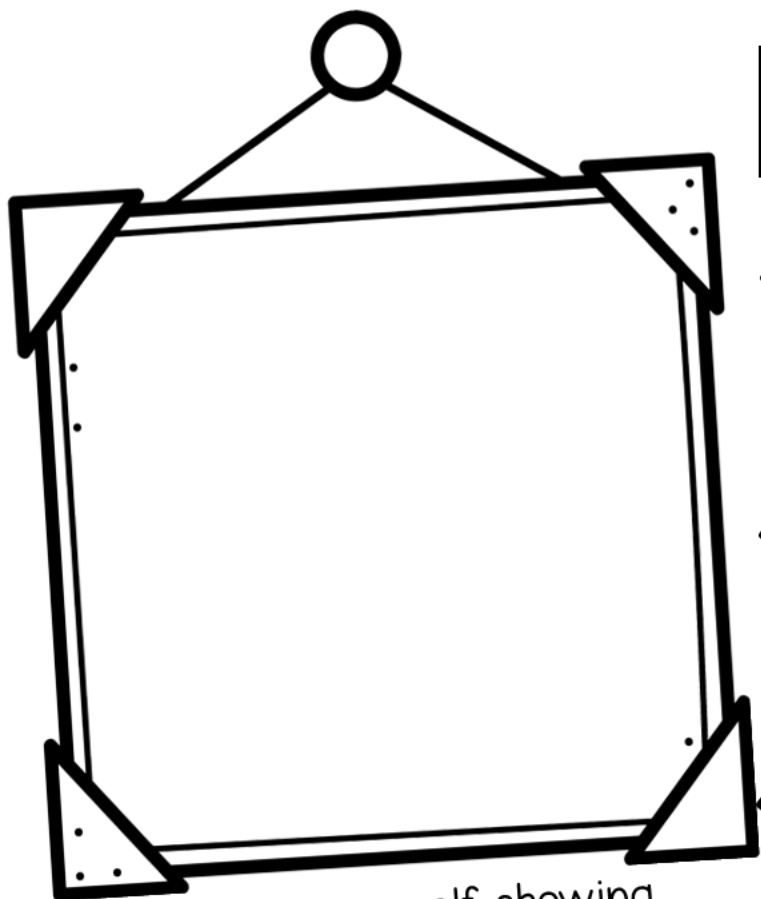
Date

EMPATHY

WAYS TO SHOW EMPATHY

Name: _____

Date: _____



Draw yourself showing empathy to someone.

I can show empathy by...



What does Empathy mean to me?



EMPATHY

WAYS TO SHOW EMPATHY

Name: _____

Date: _____



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



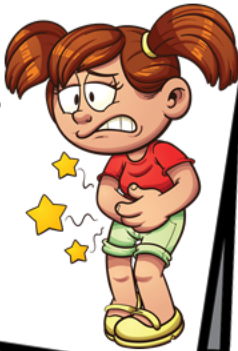
Calm your pet when they are upset



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?



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?



EMPATHY

CAREERS WITH CHARACTER

Name: _____

Date: _____

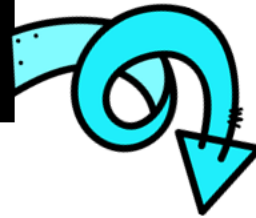
Empathetic Careers

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?



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?



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.



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



Your teacher is struggling with getting her computer to work.



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

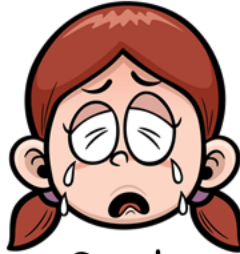


Confused



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

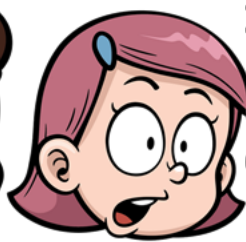
Kelley is performing in the talent show and is about to go on stage.



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.

I can see how that would be...

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



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

AN EMPATHETIC WORLD

Name: _____

Date: _____

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

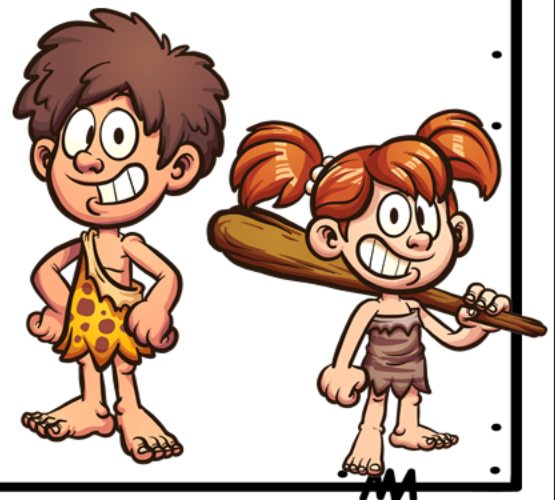
Name: _____

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.

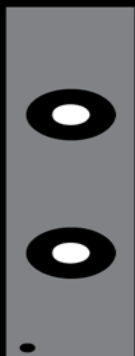
I was NOT showing empathy when I...



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

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Date: _____

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**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

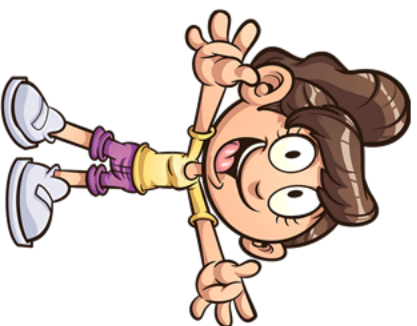


EMPATHY

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?

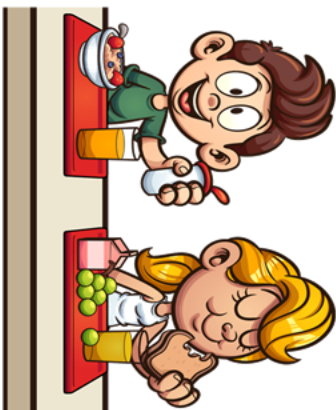


EMPATHY



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
at P.E.?



THINK & DISCUSS



EMPATHY

How can you show
empathy in the school
hallway?



THINK & DISCUSS

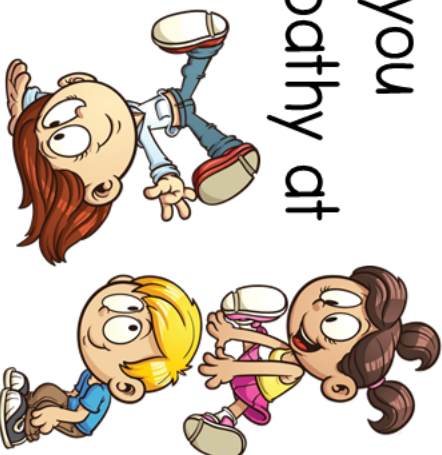


EMPATHY

How can you
show empathy at
Recess?



THINK & DISCUSS



EMPATHY

How can you show
empathy to the elderly?



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



THINK & DISCUSS

How can you show empathy to your teacher? Explain.



EMPATHY



THINK & DISCUSS

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



EMPATHY



THINK & DISCUSS

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



EMPATHY



THINK & DISCUSS

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



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?



EMPATHY



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?



EMPATHY



WHAT WOULD YOU DO?

Your classmate embarrassed himself in front of the whole class.

What is the empathetic thing to do?

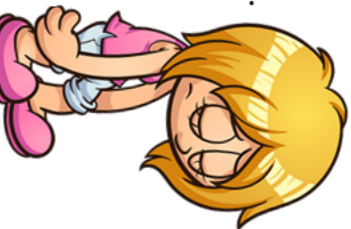


EMPATHY



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?

EMPATHY



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?

EMPATHY



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?



EMPATHY



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?



EMPATHY



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?

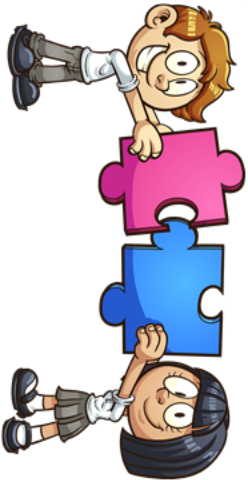
EMPATHY



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?



EMPATHY



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?



EMPATHY



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

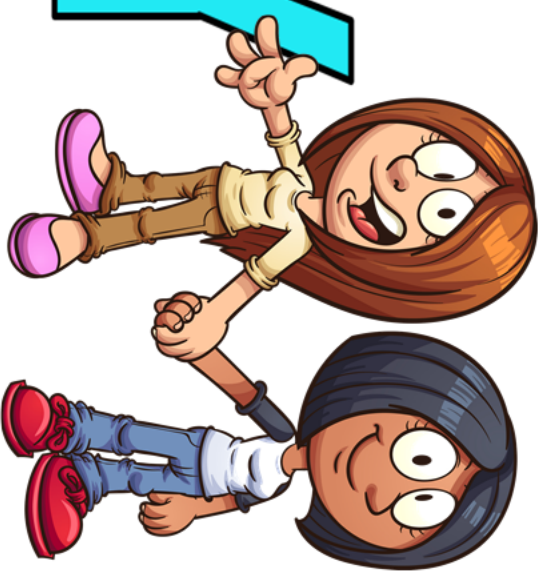
EMPATHY

“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

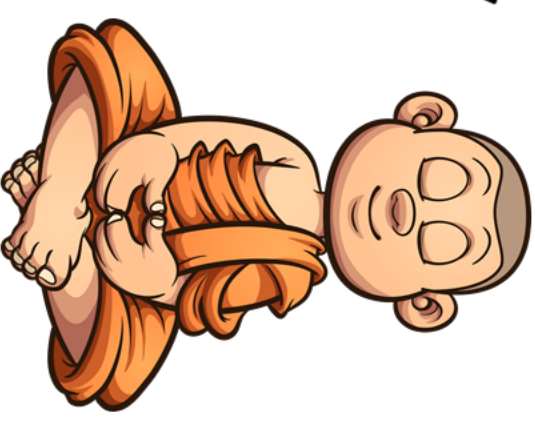
EMPATHY PSYCHOLOGIST



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



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

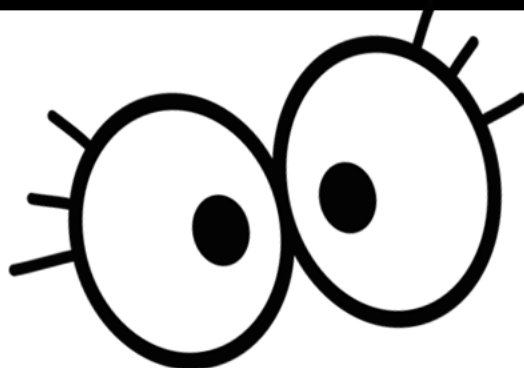


**THINK ABOUT HOW THE WORDS YOU ARE
TYPING ARE GOING TO IMPACT THE PERSON
ON THE OTHER SIDE OF THE SCREEN.**

- ✱ 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.

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

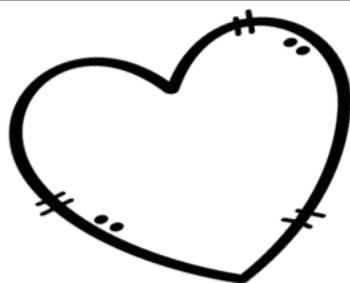
SOUNDS LIKE



- * 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

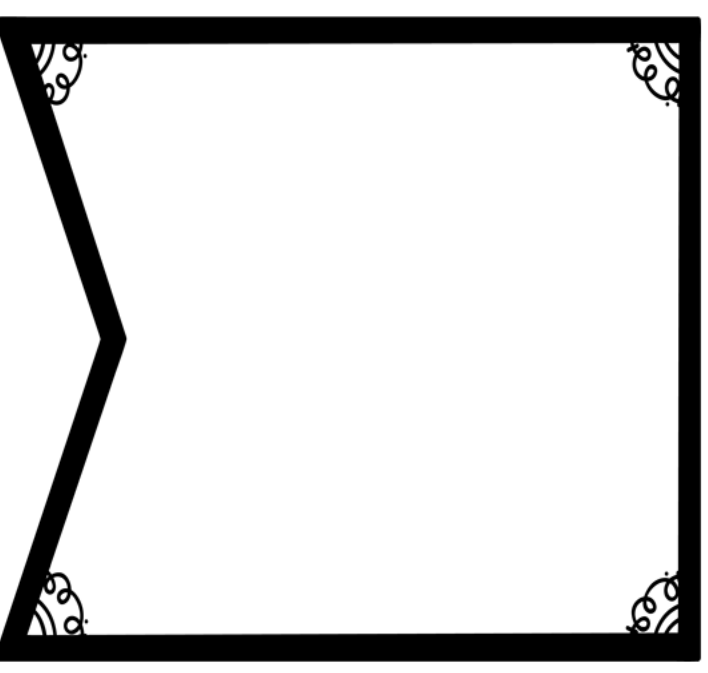
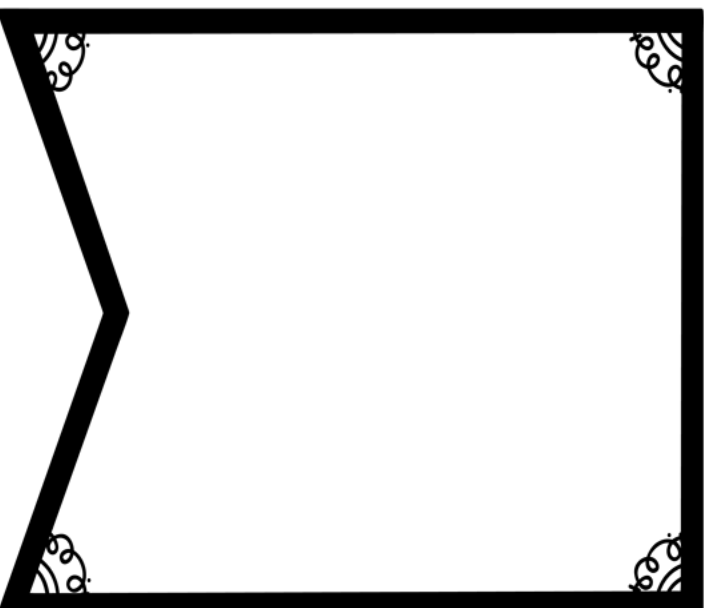
FEELS LIKE



- * 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:



Pledge by: _____

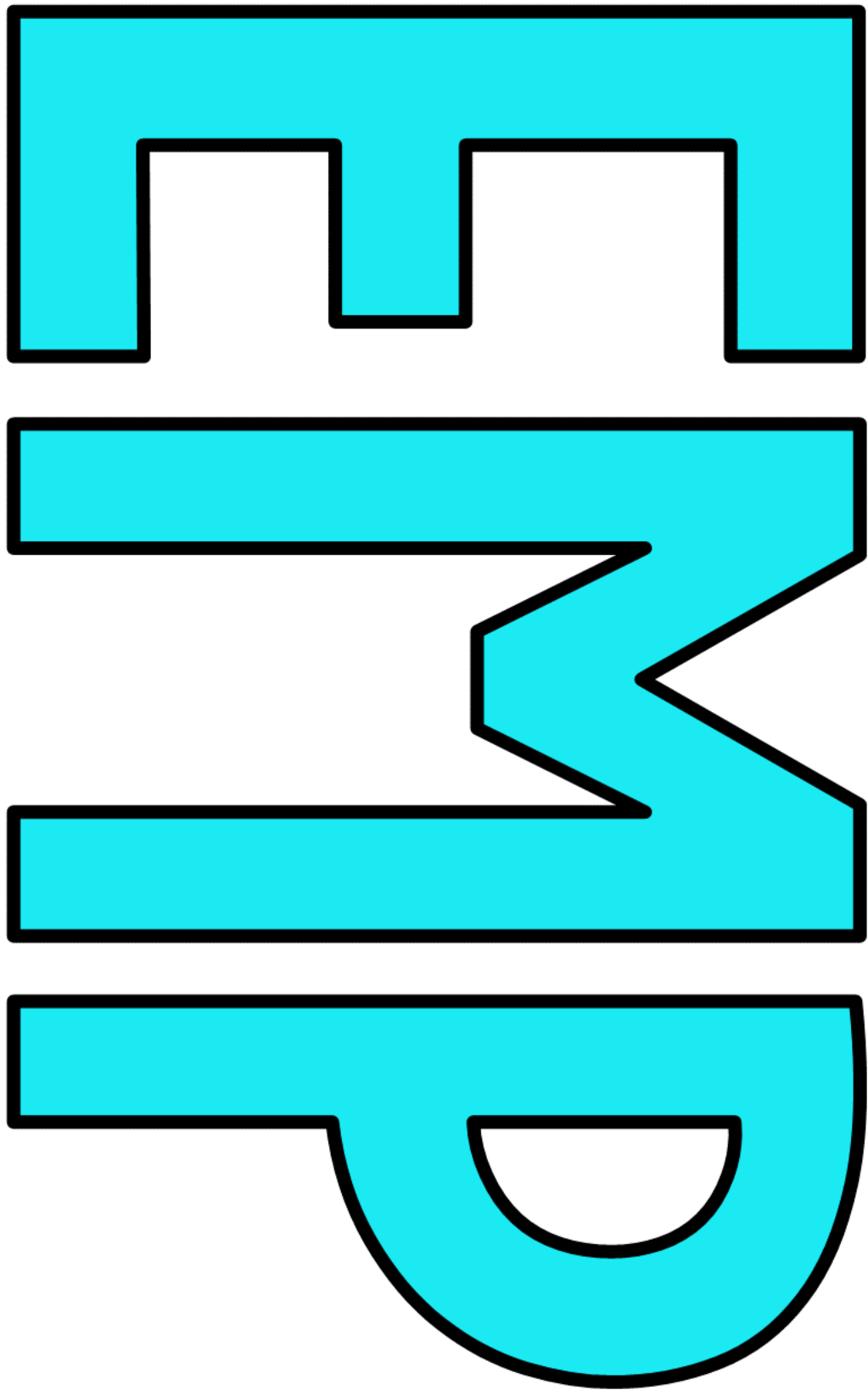
MY EMPATHY PLEDGE

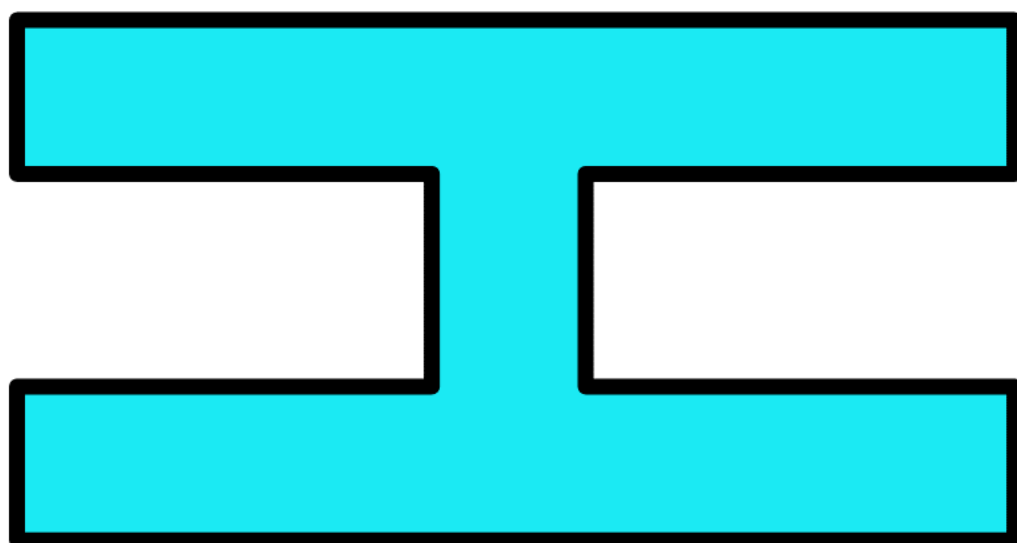
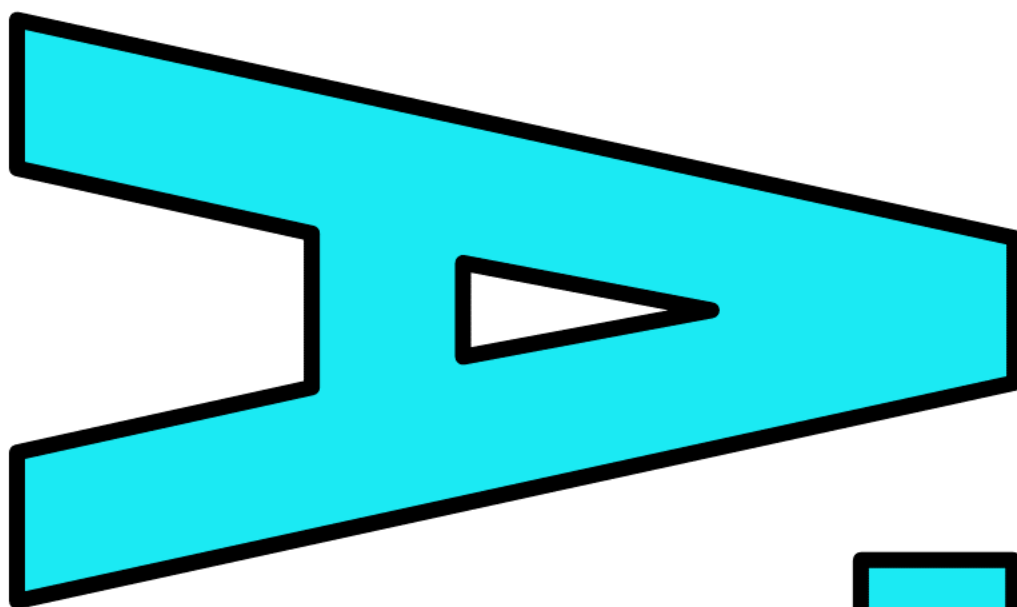
This is how I am going to show Empathy:

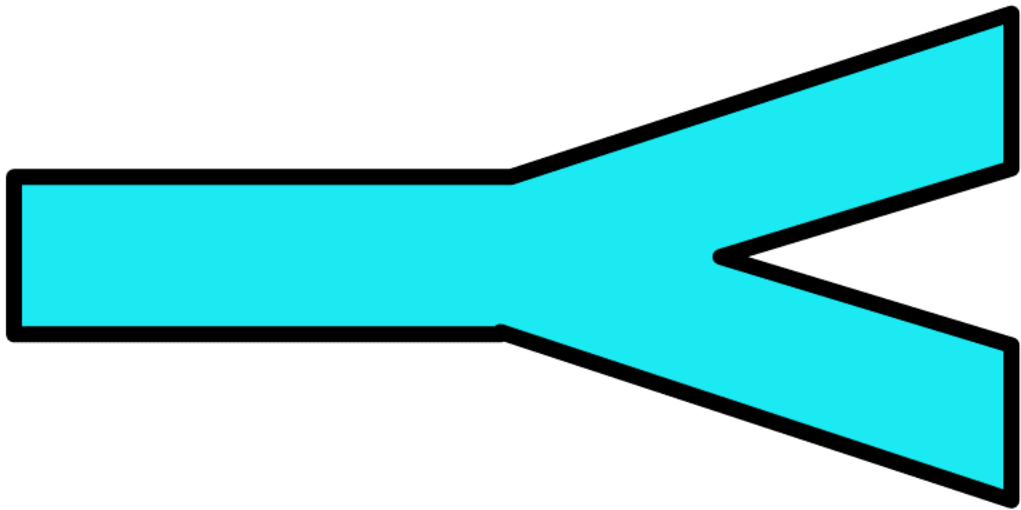
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Pledge by: _____







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.

Access my
Freebie Library

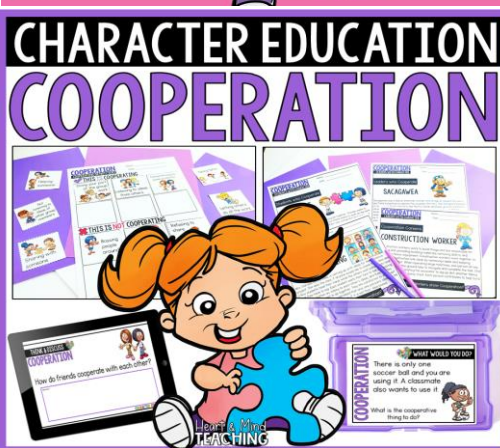


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*Also available as [BOOM CARDS](#)



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