

Empathy Explorers



What is Empathy?

It means understanding and caring about how other people feel. It's like putting yourself in someone else's shoes.

Empathy
2nd-3rd grade



In your own words, what does empathy mean?



Draw lines to match each statement with either "Empathy" or "Sympathy":

"I understand how you feel."

"I feel sorry for you."

"That must be really hard for you."

"At least you still have..."


"I'm listening to understand your feelings."

"Don't worry, it will be fine."

Empathy

Sympathy

Spotting Feelings

 Circle the clues that can help you understand how someone is feeling:

- Facial expressions | Body language | Voice tone | Shoe color Words they use
- Favorite food | Where they are standing | Situation they're in

Why is it important to look for more than one clue?

 Look at each description and write what the person might be feeling:

Eyes wide, mouth open, backing away:

Shoulders slumped, head down, walking slowly:

Standing tall, smiling, talking excitedly:

Arms crossed, eyebrows down, loud voice:

Listening with Your Heart

✓ Check the actions that show you're really listening to someone:

<input type="checkbox"/> Thinking about what you want to say next	<input type="checkbox"/> Nodding to show you're paying attention
<input type="checkbox"/> Looking at the person who's speaking	<input type="checkbox"/> Playing with things while they talk
<input type="checkbox"/> Interrupting when you have something to say	<input type="checkbox"/> Paraphrasing what they said to make sure you understand

○ Circle the phrases that show empathy:

"That happened to me too!"	"I can see you're feeling frustrated."
"You shouldn't feel that way."	"It sounds like you're really excited about this."
"You'll be fine, don't worry about it."	"I'm listening and I care about how you feel."
"Let me tell you about my day instead."	

Walking in Others Shoes



People can feel differently about the same situation. For each scenario, write how each person might feel:

Scenario 1:

Sarah just won first place in the spelling bee. Jamie came in second place.

How Sarah might feel:

How Jamie might feel:

Scenario 2:

The teacher announces an extra recess instead of math class.

How a student who loves recess might feel:

How a student who enjoys math might feel:

Write about a time when you and someone else felt differently about the same thing:

Why do you think you felt differently?

My Empathy Plan



Complete these sentences:

One way I already show empathy is:

One way I can get better at showing empathy is:

I will practice this by:



Check the promises you are ready to make:

☐

I will try to understand how others feel

☐

I will be a good listener

☐

I will ask questions to understand better

☐

I will think about how others might feel differently than me

☐

I will try to help when someone feels sad or upset

☐

I will celebrate when others feel happy