

# Empathy Explorers



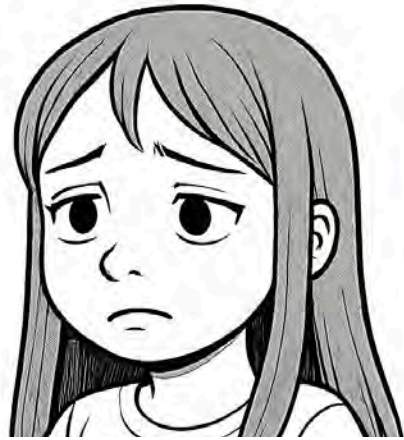
## What is Empathy?

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

Empathy  
K-1st grade



Draw a line to match the feeling with the face:



Happy

Angry

Sad

Scared



Circle the clues that tell you how someone is feeling:

Their Face

Their Shoes

Their Words

Their Backpack

Their Body

Their Hair Color



Color the pictures that show good listening:



Sometimes friends feel the same as you. Sometimes they feel different. Follow the instructions bellow.

Draw a picture of you and a friend feeling the **SAME**:

Draw a picture of you and a friend feeling **DIFFERENT**:



☐ Circle what you could do to help a friend who feels sad:

- Tell them to stop being sad
- Give them a hug or kind pat (if they want one)
- Ignore them
- Say "It's not a big deal"
- Ask them what would help them feel better
- Say "I'm sorry you feel sad"



Color the tools that help you understand how others feel:



# My Empathy Explorer Badge



Cut out your own Empathy Explorer Badge!

I am an Empathy Explorer when I: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



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