

# Empathy Explorers



## What is Empathy?

Empathy is the ability to understand and share the feelings of another person. It's like putting yourself in someone else's shoes.

Empathy  
4th-5th grade



In your own words, what does empathy mean?

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Match each type of empathy with its description:

Cognitive Empathy

Emotional Empathy

Compassionate Empathy

**A.** Feeling another person's emotions alongside them

**B.** Understanding another person's perspective intellectually

**C.** Understanding, feeling, and taking action to help

Give an example of each type of empathy from your own experience:

**Cognitive:** \_\_\_\_\_

**Emotional:** \_\_\_\_\_

**Compassionate:** \_\_\_\_\_

# Emotion Recognition: The Explorer’s Tools



List clues that help you recognize these emotions in others:

Emotion	Facial Cues	Body Language	Tone of Voice	Word Choice
Sadness				
Anxiety				
Excitement				
Frustration				



Sometimes people hide their true feelings. What might these situations actually reveal?

**Scenario 1:**

Someone says "I'm fine" but their arms are crossed tightly and they won't make eye contact.

They might really be feeling:

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**Scenario 2:**

A classmate laughs when they get a low score, but they crumple their paper.

They might really be feeling:

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**Scenario 3:**

A friend says they don't care about not being invited to an event, but they change the subject quickly.

They might really be feeling:

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# Walking in Others Shoes



For each scenario, write how different people might feel and why:

**Scenario:**

The school announces a change in policy: no more homework.

Student who struggles with schoolwork:

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Student who relies on good grades for a special program:

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Teacher:

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Parent:

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Think about a recent disagreement or misunderstanding you had with someone:

What happened?

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How did you feel and why?

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How might the other person have felt and why?

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What could you understand better about their perspective now?

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# Active Listening



Rate yourself on these listening skills

1 = Needs Work

5= Very Strong

Area	Rating
Making appropriate eye contact	
Focusing on the speaker without planning what to say next	
Asking questions to understand better	
Avoiding interruptions	
Showing I'm listening through my body language	
Repeating what they said to check understanding	
Responding to the feelings behind the words	



For each statement, write an empathetic response that shows understanding:

"I studied really hard for that test, but I still got a C."

"Nobody wanted to be my partner for the project."

"My parents won't let me go to the party this weekend."

"I scored the winning goal at my soccer game!"

# Reflection & Growth Plan



Fill out the section bellow:

My empathy strengths are:

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Areas where I can grow my empathy skills:

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This week, I will practice empathy by:

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I will know I'm making progress when:

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