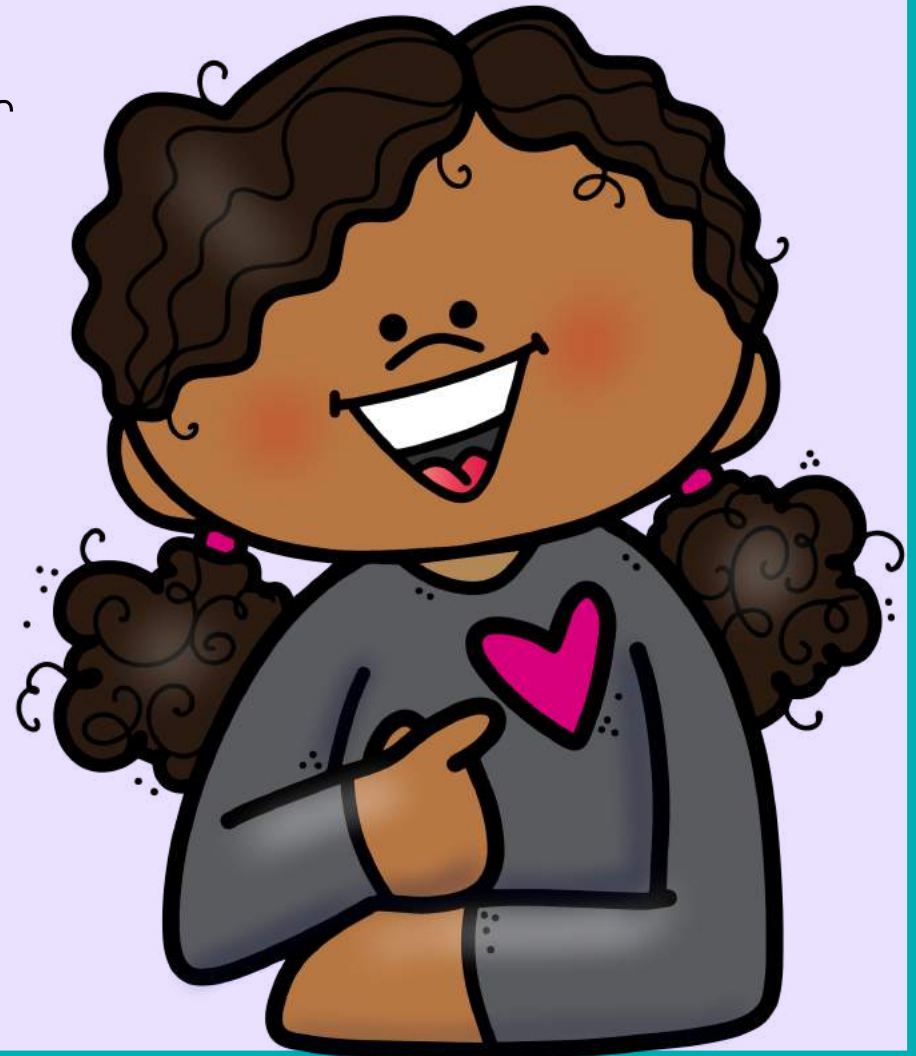


# Use this no-prep lesson to help your students identify how others feel and respond with empathy.

This lesson is designed for students in grades K-2, and is just print-and-go.

It's great for small groups and classroom lessons focused on empathy, social skills or emotional intelligence.



# WHAT'S INCLUDED:

This lesson includes:

- Scripted lesson plan with accompanying worksheet
- Whole group activity
- Worksheet to assess knowledge

**EMPATHY LESSON PLAN**

**Opening Discussion:**

- Today, we're going to be learning about something called empathy. Can you say "empathy?"
- Great job. Does anyone know what the word empathy means?
- Empathy is being able to think about how someone else feels, and what things might be like for them. How do you think you might be able to see things through someone else's eyes?

**Activity: Thinking**

- To practice this, we're going to think about how someone else might feel. For each pair, draw a picture of a person. Then, ask the person how they are feeling. To help you, you can use the following questions:

**Activity: Respond**

- An important part of empathy is being able to understand how someone else feels. When we take someone's perspective, it's easier for us to understand how they feel. For this activity, you will think about how someone else might feel. They can show their feelings by drawing a picture. If space is limited, they can write the feeling on a small piece of paper. Finally, students can share their feelings with a partner. If time permits, they can write the feeling on a small piece of paper.

**Assessment Of Knowledge**

- For our final activity, we will be using a worksheet to assess your knowledge of empathy. First, they will be asked to write on page 8 or 9. Then, they will be asked to write on page 9. Finally, they will be asked to write on page 9.

**Closing Discussion:**

- Why do you think it's important to have empathy?
- How do you think you can help someone else feel better?

**EMPATHY LESSON PLAN (CONT'D)**

**Activity: Responding With Empathy (Cont'd)**

**Scenarios:**

1. Your friend is upset because you won the game and they lost. How should you respond?
  - Option 1: Talk a lot about how good of a job you did.
  - Option 2: Say nothing and give them time to calm down.
2. Some people are very sensitive. How should you respond?
  - C
  - C
3. The person you are talking to is very nervous. How should you respond?
  - C
  - C
4. Your friend is very sad. How should you respond?
  - C
  - C
5. Your friend is very angry. How should you respond?
  - C
  - C

**ASCA Mindsets & Behaviors:**

- M.2. Sense of acceptance, respect, support and inclusion for self and others in the school environment.
  - B-SS 2. Empathy

This lesson covers the CASEL competency of social awareness.

**Objectives:**

- Students will practice thinking about how others feel.
- Students will identify ways they can respond with empathy.

**Materials Needed:**

- Writing & coloring materials for each student

**What's Included:**

- P. 4-5: Scripted lesson plan
- P. 6: "I Can Think About How Others Feel" Worksheet
- P. 7: "Showing Empathy" Worksheet
- P. 8: Feelings List (Color)
- P. 9: Feelings List (BW)

**How To Use This Lesson Plan:**

- The scripted lesson is broken down into different sections.
- The bullet points closest to the left side can be read directly by the instructor. The bullet points that are further indented are directions for the instructors and do not need to be read aloud.
- Procedure:
  - Open the lesson with the "Opening discussion"
  - Complete the worksheet from page 6 as a whole group
  - Complete the scenario activity described in pages 4-5 as a whole group.
  - Assess students' knowledge by having them complete the worksheet from page 7 individually or in pairs.

**Book Recommendations For This Lesson:**

- Be Kind by Pat Zietlow Miller
- The Lumberjack's Beard by Duncan Beedie
- When Your Elephant Has The Sniffles by Susanna Leonard Hill

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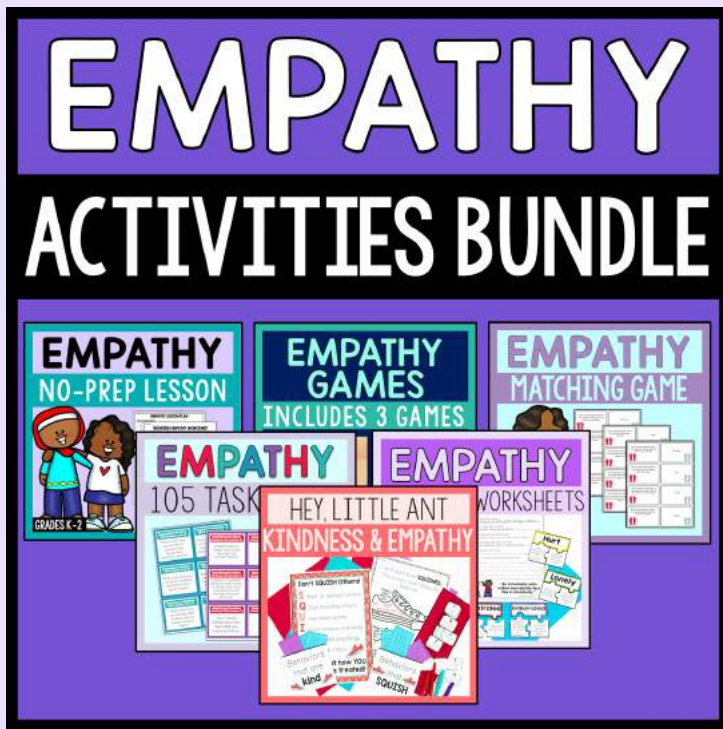
# WHAT STUDENTS WILL LEARN:

In this lesson, students will practice identifying how others might feel in certain situations.

Students will also think about how they can use that knowledge to respond with empathy to the people around them.



# WANT MORE EMPATHY RESOURCES? BUNDLE & SAVE!



This lesson is a part of a bundle that includes 6 resources focused on empathy.

The games, activities and discussion cards will help your students learn what empathy is and why it's important while thinking about how they can use this skill in real life scenarios.

**SEE THE BUNDLE HERE**