

THEME: EMPATHY

CARING / FAIRNESS

GRADE: KINDERGARTEN

Core Curriculum: Supplements social studies

Focus: Interpersonal skills, character building

Overview: Empathy is the ability to see things from another person's viewpoint. At this age, children are very self-centered. Exercises that allow them to feel what others experience can help them begin to develop empathy and compassion.

Goal: Children will be able to state how certain actions might make other people feel.

Materials: Activity sheets for this lesson can be found in the student workbook. Crayons, drawing paper

Family/Home Activity: The family/home activity can also be found in the student workbook and is for each student to take home to do with their parent/guardian.

Lesson Plan

Tell students: *Knowing how your actions will affect other people is an important thing to learn. Today, we're going to talk about how other people feel when you do something. Understanding how other people feel is called "empathy." (Have students repeat the word "empathy.") People who have empathy try not to hurt other people's feelings.*

Activity 1: Tell students: *Today, we're going to play "How Would You Feel?" I'm going to tell you something I might do and ask you how it would make you feel. Read from the Activity 1 worksheet (a copy of the worksheet is also in the student workbook) or make up your own list.*

Ask: If I did these things, they would make you feel sad, angry, or unhappy wouldn't they? If you did these things to other people, how do you think they would feel? When you understand how other people feel, you have empathy.

Activity 2: Tell students: *Now, I'm going to tell you how someone feels when he or she is treated badly, and I want you to tell me something you could do that would make him or her feel better. For example, if Wanda feels sad that no one will play with her at recess, what could you do that would make Wanda feel*

better? (Read from the Activity 2 worksheet (a copy of the worksheet is also in the student workbook) or make up your own list.)

Activity 3: Ask students to draw a picture of something they could do that would make someone else feel better. After they have finished, let them show their pictures and explain what they would do to make someone else feel better.

Reflection: Tell students: *Today, we talked about empathy and you learned how your actions make other people feel. You learned that when you do things to other people that are not nice, it makes them sad, angry, or frustrated.*

But you also learned that you can do things that make other people feel better. You can help cheer up people who are lonely. You can help comfort people who are sad. When you do these things we say you care about people; you have empathy.

Ask: Can you think of people who are sad, lonely, or bored? What could you do that would make them feel better? Could you visit them? Draw them a pretty picture? Take them a bouquet of flowers from your yard? Or maybe help your mother bake some cookies for them?

How does it make you feel about yourself when you help other people? Do you feel good and kind of warm inside?

In the future, if you are thinking about doing something that's not very nice, stop and think about how it would make you feel. If you wouldn't like someone to do it to you, then you shouldn't do it to someone else.

Recognition: See "Classroom Instructions," page 5, for information regarding recognitions.

ACTIVITY 1

HOW WOULD YOU FEEL?

How would it make you feel if . . .

1. I spilled water on your clothes?
2. I took something of yours without asking?
3. I accidentally stepped on your toes?
4. I broke your favorite toy?
5. I called you a mean name?
6. I wouldn't let you play with me?
7. I told you I didn't like you?
8. I laughed when you made a mistake?
9. I said that your clothes were dirty?
10. I cut in front of you in line?
11. I hit you with my fist?
12. I stuck my tongue out at you?
13. I wouldn't share my toys with you?
14. I ate your candy bar?
15. I shoved you down on the playground?
16. I didn't invite you to my birthday party?
17. I called you stupid?
18. I made fun of how you talk?
19. I said the picture you drew was ugly?
20. I hid your lunch so you couldn't find it?

ACTIVITY 2

WHAT COULD YOU DO?

What could you do to make someone feel better. . .

1. If that person was *lonely* because no one would sit by him or her at recess?
2. If that person was *crying* because he or she got hurt?
3. If that person was *angry* with you because you laughed when he or she made a mistake in school?
4. If that person was *upset* because he or she had lost his or her lunch money?
5. If that person was *unhappy* because someone else ate his or her candy bar?
6. If lightning in a rainstorm *frightened* a friend spending the night with you?
7. If that person was *sad* because his or her pet dog had run away?
8. If that person felt *frustrated* because he or she needed a yellow crayon to draw the sun in a picture?
9. If that person felt *left out* when he or she wasn't included in a game the other children were playing?
10. If that person felt *embarrassed* when he or she dropped a bottle of juice on the floor?

