

LEARNING OBJECTIVES

The purpose of this lesson is to teach student about the meaning of empathy and how we can demonstrate compassion towards others.



LESSON CONTENT

Empathy is trying to understand how others feel and caring for them. Knowing our own feelings helps us see how others might be feeling. Good friends care about how others feel. They also show compassion because they know what their friends may need.

STRATEGIES

- Notice and name emotions.
- Ask questions to understand.
- Look for ways to help others.
- Be kind and considerate.

CONVERSATION STARTERS

- What are some clues that may tell you how others are feeling?
- How does understanding feelings help us show more empathy?
- How can you help a friend who is feeling sad?

EXTENDING THE LEARNING

- Read *A Sick Day for Amos McGee* by Phillip C. Stead and discuss how empathy is applied throughout the story.
- Create a gift you can give to someone in the family when you notice they are sad (e.g., clay vase for paper flowers, lego car, origami animal, or bookmark with kind words).
- Draw a picture of someone helping you on a sad day. Draw a second picture of you helping them.