

# Empathy Activities

For  
Students



Learn Skills through Fun  
Games



Copyright @2020 All rights reserved, including the right of reproduction in whole or in part, in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information storage and retrieval system, without permission in writing from the publisher. [patricemfoster.com](http://patricemfoster.com)

# Contents

<b>Chapter 1: Knowing About Empathy</b>	<b>Page #</b>
Lesson Plan	3-4
Activity 1: What is Empathy	3
Activity 2: Deciding on Empathy	5
Activity 3: Empathy Award	8

  

<b>Chapter 2: Skills to Improve Empathic Behavior</b>	<b>Page #</b>
Lesson Plan	10-11
Activity 1: Stop, Breathe, Listen, and Respond	10
Activity 2: Look at the Face	11

  

<b>Chapter 3: Getting Along</b>	<b>Page #</b>
Lesson Plan	12-13
Activity 1: Helping Others Chart	12
Activity 2: Kindness Bingo	14
Activity 3: Matching Apology with the Situation	15

  

<b>Chapter 4: Bullying and Empathy</b>	<b>Page #</b>
Lesson Plan	15-16
Activity 1: Bullying Types	19
Activity 2: Bullying Thermometer	20
Activity 3: Helping Someone being Bullied	16

# Chapter 1

## Knowing About Empathy

### Learning Objectives

The student will

1. What is empathy and learn to identify empathic and non-empathic responses to a situation.
2. Explore positive and negative outcomes of their responses.
3. Improve their decision making skills.

### Activities

Activity 1: What is empathy?

Activity 2: Deciding on Empathy

Activity 3: Empathy Award

### Materials

Activity 2: Deciding on Empathy worksheet

Activity 3: Empathy Award Worksheet

#### Activity 1: What is Empathy?

1. Ask your students:

- What is empathy? Why is it important to show empathy towards others? what does it mean “to put yourself in someone else’s shoes”?
- Think of a time when you hurt someone’s feelings? Describe what happened. How did you know you hurt the person’s feelings?
- How did you feel about the situation? Did you do anything to make the situation better?
- Are there times when students don’t show empathy for each other?
- What would school be like if everyone showed empathy towards each other all the time?

#### Activity 2: Deciding on Empathy

If a person is sad, you’d try to make him or feel better, right? Well, in real life, it can be more complicated than that. Showing empathy isn’t always an easy decision to make. Read the “Deciding on Empathy Worksheet” to find three tricky situations involving a friend. Pick situations one by one. Use the worksheet to help

you write your thoughts about whether you 'd show empathy in the situation and what results your decision might have. You may choose one of the situations to role – play with a partner. Take turns acting out the different roles. Trying acting in the situation by showing empathy and not showing empathy. At the end, you may list some ways that you could show empathy for classmates, friends, and family members.

### Activity 3: Empathy Award

Now that you know, what is empathy and how one can practice empathic behavior. It is time to think and come up with a person you believe deserves an Empathy Award. The person can be famous or not famous one. Then, fill put the Empathy Award Worksheet” with the following information:

- The name of your winner
- A brief description of the person.
- Why you think this person deserves the award?
- What you have learned about empathy from your winner?

Then write a thank – you note to your Empathy Award winner, thanking the person for the empathy that he or she has shown toward you or others.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Deciding on Empathy Worksheet

**Instructions:** Here are three tricky situations involving a friend. Pick one of the situations to focus on, and write your thoughts about whether you'd show empathy in the situation and what results your empathy might have.



1 You've been best friends with Dan since middle school. Since the start of school this year, you've become good friends with Alice, too. But Sam told you yesterday that she's not going to be friends with Alice anymore and neither should you. Now Alice is sitting alone in the cafeteria, looking really sad. What should you do?



If I show empathy

Possible good results: \_\_\_\_\_  
\_\_\_\_\_

Possible bad results: \_\_\_\_\_  
\_\_\_\_\_



If I don't show empathy

Possible good results: \_\_\_\_\_  
\_\_\_\_\_

Possible bad results: \_\_\_\_\_  
\_\_\_\_\_



Your best friend, Jack, has started to pick on Harry, a quiet kid in your class. You thought it was funny in the beginning, but now Jack's getting meaner and meaner. Harry tries to stay away from Jack during the day, but Jack just picks on him more. Harry is becoming more and more upset. Other kids in the class still think it's funny. What should you do?



If I show empathy

Possible good results: \_\_\_\_\_

\_\_\_\_\_

Possible bad results: \_\_\_\_\_

\_\_\_\_\_



If I don't show empathy

Possible good results: \_\_\_\_\_

\_\_\_\_\_

Possible bad results: \_\_\_\_\_

\_\_\_\_\_



Your best friend's grandmother just died. She wants you to come over on Saturday night to spend time with her after the funeral because she's been so sad. Your dad bought you tickets to go see your favorite sports team play on Saturday night. Besides that, you're not really sure what to say to your friend. What should you do?