

# CHOOSE EMPATHY



**Goal:** Students will be able to see things from another person's point of view and also consider ways that they can show compassion.

**Activity:** Choose Empathy

**Materials:** "I Am Because I Choose" picture book, How Would You Feel?/What Could You Do? Activity Sheet

**Directions:** After reading the book, *I Am Because I Choose*, discuss the topic of empathy with the students. Express the importance of practicing empathy and showing compassion. Then have students complete the How Would You Feel?/What Could You Do? activity sheet.

**DISCUSSION:** Express to students that it is important to learn and understand how to see things from another person's point of view. When you do that you are practicing empathy. Feel free to add to this by sharing the definition of ***empathy – the ability to share someone else's feelings.***

Ask students to raise their hands if they have ever had their feelings hurt. Ask them how it made them feel. Explain to students that it's easy to only see things from your point of view, especially as a child. But when you try to see things from another's viewpoint, it helps you to try harder not to hurt other people's feelings. And if you do hurt someone else's feelings, having empathy will help you to try harder to make them feel better. This is a way to practice compassion. Feel free to define ***compassion here: a feeling of wanting to help someone who's hurting.***

Remind students that a way to always practice empathy and compassion is to try to remember how they feel whenever their feelings are hurt.

Tell students that today you're going to give them an opportunity to practice empathy and show compassion.

**ACTIVITY:** Distribute the How Would You Feel?/What Could You Do? activity sheet to students and allow them to complete it. Once complete, allow students to share their answers with the class.

***\*\*If students are unable to read or write well enough to complete the activity sheet, let them know that you're going to read a list of actions. After each action is read, you want them to at first tell you how they would feel if this action was happening to them (practice empathy). Then you want them to share with you what they could do to make the person feel better (show compassion).***

**REFLECTION:** Remind students that their choice is their super power, and that one of the awesome ways that they get to use that super power is by **CHOOSING** how they treat other people. As such, they should always remember to use their super power for good by **choosing empathy and compassion** when dealing with others.

## HOW WOULD YOU FEEL?/ WHAT COULD YOU DO?

### EMPATHY

### COMPASSION

<b>A person is sitting alone at recess because no one will play with them.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>
<b>A person is crying because someone hurt their feelings.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>
<b>A person is upset because students laughed when they made a mistake in school.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>
<b>A person is treated meanly because of their skin color.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>

	<b>EMPATHY</b>	<b>COMPASSION</b>
<b>A person is sad because they are not a good reader.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>
<b>Your friends are laughing at a person because they are not a good reader.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>
<b>A person is sad because their grandma died.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>
<b>A person is frustrated because they're unable to solve a math problem.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>
<b>A person can't go on the school field trip because their parent's are poor.</b>	<b>How would you feel if it were you?</b>	<b>What could you do to make them feel better?</b>