



TOPIC

Empathy

LEVEL

First Grade

THEME

Helping Hearts

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Explain what empathy means in their own words.
- Recognize when someone needs help or care.
- Show empathy by using kind words or helpful actions.

MATERIALS

- Large heart cutouts (one per student)
- Crayons/markers
- Role-play scenarios
- Chart paper/markers for group brainstorm
- Tape for displaying hearts ("Helping Hearts Wall")

ESSENTIAL QUESTIONS

- What does it mean to have empathy for someone?
- How can small acts of kindness make someone feel better?
- How does showing empathy help everyone feel like they belong?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're going to talk about empathy. Can anyone try to say that word? (pause for responses). Empathy is when we notice how someone else is feeling and try to help them feel better. At Aavidum, we say 'I've got your back' and empathy is one way we show that."

Friendship Check-In: "Turn to the person next to you and share: What is one kind thing someone has done for you that made you feel happy?"

- Let pairs share briefly, then ask 2-3 students to share with the group.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say:

- "When you see someone drop their toy and they look sad, what could you do?"
- "If your friend falls on the playground, what would you say to them?"
- "Why is it important to help our friends when they feel sad?"

Put on board: Empathy is caring about how someone else feels and trying to help them feel better.

Say: "When we show empathy, we let others know they are not alone. Aavidum is all about making sure people feel safe, cared for, and included. Empathy is how we say, 'I've got your back!'"

ACTIVITY: EMPATHY WHAT WOULD YOU DO? (20 MINUTES)**Instructions:**

- Say: "We're going to practice empathy with role-play. I'll read a short scenario and you can act out what you would say or do to help. Remember, use kind words and think about how the other person is feeling."
- Scenarios to use:
 - Your classmate drops their crayons, and they look upset.
 - Your friend is sitting alone at lunch.
 - Someone trips on the playground and feels embarrassed.
 - A student loses their favorite pencil and is crying.
- After each, ask:
 - "How did it feel to help in that situation?"
 - "How do you think the other person felt when you helped them?"
- Say: "Now we are going to make Helping Hearts. On your heart, draw or write one thing you can do to show empathy and help someone when they are sad, hurt, or left out."
- Give a heart to each student.
- Give examples: "You could draw yourself sharing a toy, giving a hug, or saying 'Are you okay?'"
- Say: "When we put these hearts together on our 'Helping Hearts Wall,' it shows how our class has each other's backs just like Aavidum!"
- Optional: Display Hearts: Tape hearts to a wall or bulletin board to create a visual empathy reminder.

WRAP-UP (5 MINUTES)**Ask:**

- "What does empathy mean in your own words?"
- "How can showing empathy help someone feel like they belong?"
- "When will you use empathy this week?"

Say: "This week, I want you to try one 'Helping Heart' action you wrote down. Remember, when we care about others and help them, we are showing empathy AND living Aavidum because we're saying, 'I've got your back!'"