



TOPIC

Empathy

LEVEL

Third Grade

THEME

Walking in Someone's Shoes

LEARNING OUTCOMES

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

- Explain what empathy means.
- Imagine how someone else might feel in a situation.
- Show empathy by thinking, "How would I feel if that happened to me?"

MATERIALS

- Scenario Slides
- Blank Shoe Template
- Coloring Supplies
- Writing utensils

ESSENTIAL QUESTIONS

- What does empathy mean?
- How can imagining someone else's feelings help us be a better friend?
- How does empathy help us say, "I've got your back?"

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're talking about empathy. Can anyone say the word 'empathy' with me? (pause and repeat). Empathy means we try to imagine how someone else feels. At Aavidum, we say, 'I've got your back,' and empathy helps us understand what people need from us so we can support them."

Check-In:

"Turn to your neighbor and share one thing that makes you feel happy when someone helps you. It could be a kind word, a hug, or someone sitting with you at lunch."

- Allow 1-2 volunteers to share their responses with the group.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask:

- "When we see someone drop their backpack and look upset, what might they be feeling?"
- "If a friend is sitting alone at recess, how do you think they feel?"
- "Why is it important to imagine how others feel?"

Put on board: "Empathy means thinking about how someone else feels and caring about their feelings."

Say: "When we practice empathy, we are saying, 'I've got your back!' Empathy helps us create a classroom where everyone feels safe, cared for, and included, just like Aavidum's message."

ACTIVITY: EMPATHY SHOES (20 MINUTES)**Instructions:**

- Show simple printed images (or describe scenarios):
 - A kid sitting alone on a bench.
 - A student holding a broken toy and crying.
 - Two kids sharing a snack and laughing together.
 - A child holding an umbrella for a friend in the rain.
- For each picture, ask:
 - "What do you notice in this picture?"
 - "How do you think this person feels?"
 - "If you were in their shoes, what would you want someone to do for you?"
- Say: "This is empathy - imagining how someone else feels and thinking about what might help them."
- "Now we are going to create Empathy Shoes. On your worksheet, you have a shoe. I want you to try to imagine that you are 'walking in someone else's shoes.' This means trying to put yourself inside their mind so that you can feel what they are feeling. First, think of a situation that might make someone feel sad, nervous, overwhelmed, or another hard feeling. Then below the shoe, you will write or draw how you would feel if you were that person and what you would want someone to do to help you. Then you can decorate your shoe with the theme of your situation."
- Say: "Here are some examples..."
 - "If my situation was that my friend is sad because they dropped their ice cream, I might write that I would share my snack with them and then decorate my shoe with ice cream and snacks."
 - "If my situation is that I saw someone sitting alone, I would write that I would sit next to them and talk. So I might decorate my shoe with word bubbles and stars."
- As students finish up, ask for a couple volunteers to share their work.
- Optional: collect and display shoes on a wall or bulletin board labeled "Our Empathy Walk."

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

- "What does empathy mean in your own words?"
- "How can thinking about how someone else feels help us be better friends?"
- "When could you use empathy this week?"

Say: "This week I want you to practice empathy by imagining how someone else feels and then doing one kind thing to help them feel better. Empathy is one way we live out Aavidum's message. When we imagine how someone else feels and help them, we are saying: 'I've got your back!'"