



TOPIC

Friendship

LEVEL

Third Grade

THEME

Empathy in Friendship

LEARNING OUTCOMES

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

- Explain what empathy is and why it is important in friendship.
- Identify how someone else might be feeling based on a situation.
- Share one way to comfort or support a friend who is feeling upset.

MATERIALS

- Feelings Chart
- Scenario Cards
- Paper
- Coloring supplies (markers, crayons)

ESSENTIAL QUESTIONS

- What is empathy, and why does it matter in friendships?
- How can noticing how others feel help me be a better friend?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're talking about empathy. Empathy is when you can understand or feel what someone else is feeling, even if it's different from how you feel. Empathy helps us be better friends and helps us live Aevidum's message, making sure no one feels alone."

Emotion Check-In: show a feelings chart.

Ask:

"How are you feeling today? Point to the face or word that matches how you feel. Remember, every feeling is okay."

- After each student has shared how they're feeling, say: "When we notice how we feel and how others feel, it helps us be more caring and supportive. That's what Aevidum is all about."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Ask: "What do you think empathy means?"

- Take answers. Affirm correct ideas and gently clarify misunderstandings.

Say: "Empathy is when you try to understand how someone else is feeling, even if you aren't feeling the same way. It's like putting yourself in their shoes. When we show empathy, we are living Aevidum. We are caring for each other, accepting one another's feelings, and helping everyone feel supported and included."

Ask: "Can anyone share a time when a friend understood how you felt or helped you when you were sad? How did that make a difference for you?"

- Encourage 2 or 3 quick shares.

ACTIVITY: FEELINGS MATCH (20 MINUTES)

Say: "Now we're going to practice empathy with a game called Feelings Match. I will read a scenario, and you'll tell me what feeling you think matches it."

Scenarios:

- Your friend drops their ice cream cone on the ground. (Sad, disappointed)
- Your friend wins first place in the spelling bee. (Excited, proud)
- Your friend is picked last for a team game. (Left out, embarrassed)
- Your friend gets a puppy. (Happy, joyful)
- Your friend forgot their homework at home. (Worried, frustrated)
- Your friend moves to a new house. (Excited, but also sad)
- Your friend is performing at the spring concert (Excited, but also nervous)

Ask after each scenario:

"How would you know your friend feels that way? What clues could you notice?"

- Facial expressions, tone of voice, body language.

Say: "Noticing these clues helps us care for each other. This is one way we can help everyone feel accepted and supported, just like Aavidum teaches us."

Say: "Now let's think about what we can DO when a friend feels sad or upset. Remember, being a good friend means noticing how others feel AND showing we care."

Distribute paper and crayons/markers.

Prompt: "Draw or write one way you could comfort a friend who feels sad or left out. You might draw yourself sitting next to them, saying kind words, or inviting them to join your game."

Share Out: Invite 4 or 5 students to share their ideas.

- "Who wants to share what you drew or wrote?"

Say: "Every time you comfort a friend, you are living Aavidum by helping others feel safe, cared for, and not alone."

WRAP-UP (5 MINUTES)

Gather students in a circle.

Say: "Today we learned that empathy means understanding and caring about how others feel. When we show empathy, we make our friendships stronger and help our school feel like a place where everyone belongs. That's what Aavidum is all about."

Ask:

- "What is empathy in your own words?"
- "How can empathy help us be better friends?"
- "How does empathy help make our school an Aavidum school?"

Challenge:

"Your challenge this week: Notice how a friend is feeling, and show empathy. Maybe you can check in with someone who looks sad, or celebrate with someone who's happy. Next time, we'll share what happened!"