



TOPIC

Empathy

LEVEL

Fourth Grade

THEME

Empathy Detectives

LEARNING OUTCOMES

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

- Identify clues in others' actions and expressions to understand how they might feel.
- Explain how noticing others' needs shows empathy and helps build a supportive community.

MATERIALS

- Paper magnifying glasses (one per student)
- Chart paper or whiteboard
- Markers
- Noticing Empathy Chart
- Scenario cards or images

ESSENTIAL QUESTIONS

- What clues can we notice to tell how someone is feeling?
- How can noticing others' needs help us show empathy?
- How does paying attention to others connect to Aavidum's message of "I've got your back"?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Welcome, Empathy Detectives! Today, we're going to learn how noticing the people around us can help us show empathy. Empathy means understanding how someone else feels and caring enough to help. That's what Aavidum is all about: seeing someone who might need support and saying, 'I've got your back.'"

Check-In Question:

- "If you could have a 'superpower' to help friends, what would it be?"
 - Go around the room and ask students to share (e.g., kindness power, cheering people up, listening power).

Say: "Today we'll practice an important real-life superpower: noticing clues that tell us how someone might be feeling."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Sometimes people don't tell us how they feel with words. But if we pay close attention, like detectives, we can see clues in their face, body, or actions."

Ask:

- "What are some clues that someone might be sad or upset?"
 - Example: frowning, sitting alone, crying, looking down
- "What are clues someone might be happy?"
 - Example: smiling, laughing, standing tall

Say: "When we notice these clues, we can show Aavidum by checking in, helping out, or just letting them know they aren't alone."

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

- Say: “Now we’re going to practice being Empathy Detectives! I’ll show you some situations, and you’ll look for clues to figure out how the person feels and how we can help.”
- Break students into small groups and give each group 4 Noticing Empathy Charts.
 - What I Saw: (clue)
 - How They Might Feel:
 - What I Can Do to Help:
- Show or read each scenario (use slides or describe out loud).
 - A student is sitting alone on the playground, looking down.
 - A classmate’s project falls and breaks; they look upset.
 - A friend is quiet during lunch and not eating much.
 - A student is smiling and waving after scoring a goal in gym.
- After each one, guide students to fill out the Noticing Empathy Chart as a group. Then review as a class.
- Sample Prompts:
 - “What did you notice?”
 - “What do those clues tell us?”
 - “If we were showing Aavidum, what could we do for them?”
- Say: “Now let’s make our own Empathy Detective tools!”
- Pass out paper magnifying glasses.
 - On the lens part, students draw or write one clue they will watch for this week.
 - (e.g., someone sitting alone, someone smiling)
 - On the handle, write or draw one way they will show Aavidum if they see that clue.
 - (e.g., invite them to play, say congratulations)
 - Share: Invite a couple students to share their clue and action.
- Optional: Tape these magnifying glasses on the board or wall for display as an “Empathy Detective Wall.”

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

- “What’s one thing you learned today about noticing needs?”
- “Why does noticing help us be better friends?”
- “How does being an Empathy Detective connect to Aavidum?”

Say:

“When we notice someone’s needs and act with kindness, we are showing empathy and saying, ‘I’ve got your back.’ This week, your challenge is to use your Empathy Detective superpower: Notice one person’s clue and do one small Aavidum action to show you care. Remember: Empathy starts with noticing. When we pay attention and take action, we help make our classroom and school a place where everyone feels they belong. That’s what Aavidum is all about.”