



TOPIC

Empathy

LEVEL

Fifth Grade

THEME

Empathy in Action

LEARNING OUTCOMES

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

- Explain what empathy is and how it is different from just feeling sorry for someone.
- Brainstorm examples of empathetic actions they can take to support others.
- Create a personal "Empathy Action Plan" to show empathy in my daily life.

MATERIALS

- Whiteboard or chart paper
- Markers
- Empathy Action Plan (one per student)
- Writing utensil

ESSENTIAL QUESTIONS

- What does it mean to turn empathy into action?
- How can empathy strengthen our friendships, classrooms, and community?
- How does practicing empathy connect to Aavidum's message of "I've got your back"?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're going to talk about empathy in action. We know that empathy is about understanding how someone feels. But Aavidum is all about showing people they matter and that means we don't just understand how they feel, we do something to show we've got their back."

Ask: "If you could do one small thing this week to make someone feel supported or included, what would it be?"

- Go around the circle and invite quick answers.
 - Validate each response: "That's a great example of an empathetic action."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "Empathy isn't just about feelings. It's about taking those feelings and turning them into action. When you notice someone is sad, left out, or struggling, empathy means asking yourself, 'What can I do to help?'"

Ask:

- "What's an example of a time someone noticed how you felt and did something kind about it?"
 - Allow 2 or 3 volunteers to share.
- "How did it make you feel when someone took action to support you?"
- "Why does empathy make our classroom or school a better place?"

Say: "When we act on empathy, we make people feel safe, cared for, and like they belong. That's how we create a culture where no one feels invisible or alone."

ACTIVITY: EMPATHY ACTION PLAN (20 MINUTES)**Instructions:**

- Say: "Let's brainstorm ways we can turn empathy into action. What are some things we can do to support people when we see they need help?"
 - Record responses on chart paper or the board.
 - Guide students with prompts:
 - "What can you do if someone is sitting alone?"
 - "How can you help if a friend is upset?"
 - "What about if someone is new to our school?"
 - Examples you might hear (add these if needed):
 - Invite them to sit with you at lunch.
 - Offer to help with schoolwork.
 - Ask, "Are you okay?"
 - Write a kind note or give a compliment.
- Say: "Now we're going to create our own Empathy Action Plan. This is your promise to take what we've talked about today and put it into action this week."
- Pass out papers titled "My Empathy Action Plan."
- Give students 8 to 10 minutes to work quietly and decorate their plans with words, colors, or drawings.
- Share Out: Invite a few volunteers to share their plans. Encourage applause or snaps for each share.

WRAP-UP (5 MINUTES)

Say: "Today we learned that empathy isn't just about noticing feelings. It's about doing something to show we care. This week, I challenge each of you to follow through on your Empathy Action Plan and then come back ready to share what happened."

Ask:

- "How do you think our school would change if everyone practiced empathy in action every day?"
- "Why is it important for people to know someone has their back?"

Say: "When we act on empathy, we live out Aavidum's promise. Each of us has the power to make someone feel noticed, supported, and included."