

TOPIC

Empathy

LEVEL

Kindergarten

THEME

Responding with Empathy

LEARNING OUTCOMES

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

- Recognize and express emotions.
- Understand how others feel.
- Respond with caring and kindness.

MATERIALS

- Feelings Chart
- "We're All Wonders" by R.J. Palacio
- Puppets or stuffed animals

ESSENTIAL QUESTIONS

- How can we tell how someone is feeling?
- What can we say or do to show we care?
- How does helping someone else make us feel?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we are learning about empathy for our Aevidum lesson. Empathy means trying to understand how someone else feels and showing that we care."

Show the Feeling Chart.

Say: "Let's start by checking in. How are you feeling today? Point to the face that matches your feeling, or tell us."

Model first: "I feel happy because I saw my friend this morning."

Invite each child to share their feelings briefly. Allow students to pass if they're not comfortable.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "When we have empathy, we notice how someone else is feeling and think about what we can do to help. We're going to read a story about this."

Read "We're All Wonders" by R.J. Palacio aloud.

Pause at key points:

- "How do you think the main character feels right now?"
- "What would you do if you were his friend?"
- "What could someone say to help him feel better?"

After reading: say: "This story shows us how important it is to understand how others feel. That's empathy."

ACTIVITY: EMOTION CHARADES (20 MINUTES)**Instructions:**

- Say: "Now we're going to play a game called Emotion Charades. I will pick a feeling card, and I'll act it out with my face and body. You guess what feeling I'm showing."
 - Act out happy, sad, tired, angry, surprised. Let students guess each.
- Say: "If we saw this feeling on someone's face, what could we say to show we care?"
 - "Do you want to play?", "Are you okay?"
- Say: "Now we're going to practice empathy with puppets."
- Using puppets or stuffed animals, act out these simple scenarios for students.
 - "The puppet lost their toy and feels sad."
 - "The puppet is sitting alone at recess."
 - "The puppet fell and got hurt."
 - "The puppet forgot their snack and is hungry."
- Let the students take turns practicing empathetic responses:
 - "I'm sorry you lost your toy. Can I help you look for it?"
 - "Would you like to come play with me?"
 - "Are you okay? I can get a teacher to help."
- Reinforce: "See? That's empathy: caring about others' feelings and helping them."

WRAP-UP (5 MINUTES)

Gather back together for a closing circle and ask:

- "How can we know when someone is sad?"
- "What could we say to show we care?"
- "How does it make you feel when you help someone else?"

Say: "This week's challenge is to use empathy. If you see someone sad or alone, ask yourself: 'What can I do to help?' That's how we show Aavidum. I've got your back."