

Learning Objective: To teach children how to identify with, and understand, another person's feelings

Skill: Empathy

Ask the group what it means to "put yourself in another person's shoes." Encourage them to share examples from their own experience.

Tell them:

When you put yourself in another person's shoes, you empathize with her. Empathy is the ability to understand another person's feelings as if they were your own. When we see and feel things the way other people do, we can get along better with them.

People who have empathy for others can feel sad with them, or happy for them, and so on. They know what it is like to feel that way. When children can understand another person's point of view and respect her feelings, they are less likely to start fights and more likely to make friends easily. They are better liked by other children and more successful in school.

Distribute Activity Sheet 38. In a discussion, the children can take turns choosing from the examples on the sheet, and/or telling about times when they empathized with others.

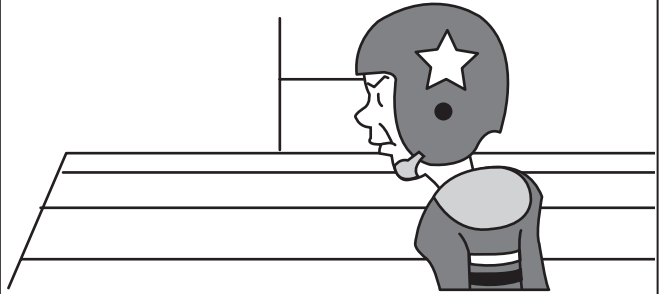
Name _____ Date _____



How do you think Allie felt when Brianne didn't invite her to her party?

Can you empathize with Allie?

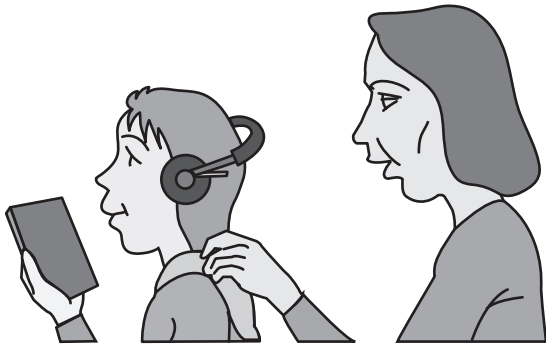
Did anything like this ever happen to you? _____



How do you think Joe felt when he wasn't picked for the team?

Can you empathize with Joe?

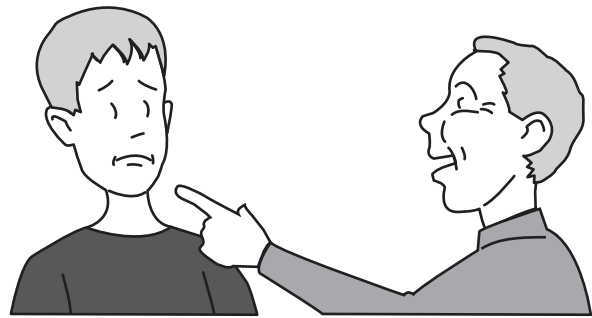
Did anything like this ever happen to you? _____



How do you think Kate's mom felt when Kate ignored her? _____

Can you empathize with Kate's mom?

Did anything like this ever happen to you? _____



How do you think Sharif felt when Kyle teased him? _____

Can you empathize with Sharif?

Did anything like this ever happen to you? _____