

SEL · GRADES 3–4

Empathy

Seeing the world from someone else's view

What is empathy?

Empathy is the ability to imagine what someone else is feeling and why — even if it's different from how you'd feel. It doesn't mean you have to AGREE; it means you take the time to understand. Empathy is a skill you can practice.

For each story, answer: How does each person feel? Why?

1. Sam isn't picked for a team in PE. The team captains are his two best friends. How does Sam feel? How might the captains feel? Why might they have made that choice?
2. A new student arrives at school halfway through the year. She sits alone at lunch. How does she feel? How would YOU feel? What could the class do?
3. Aisha wins first place in a spelling test. Her best friend Tom comes second and looks upset. How does Aisha feel? How does Tom feel? What might Aisha say?
4. A teacher is having a really bad day. She snaps at the class for talking. How does the class feel? How might the teacher feel? Why?
5. A child loses their homework and tells the teacher their dog ate it. The teacher doesn't believe them. How might both feel?
6. A child sees their friend being bullied online but is scared to speak up. How does the friend feel? How does the bystander feel?

