

## Teacher's Guide

This guide includes:

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## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>



## Grades 3 to 5 • Personal Health Series Empathy

To develop empathy, students can be encouraged to become aware of others' feelings and to see situations from alternate points of view. These activities will help your students explore how to reach out to others, in words and actions.

## Related KidsHealth Links

### Articles for Kids:

#### Talking About Your Feelings

[KidsHealth.org/en/kids/talk-feelings.html](http://KidsHealth.org/en/kids/talk-feelings.html)

#### How Cliques Make Kids Feel Left Out

[KidsHealth.org/en/kids/cliq.html](http://KidsHealth.org/en/kids/cliq.html)

#### The Scoop on Gossip

[KidsHealth.org/en/kids/gossip.html](http://KidsHealth.org/en/kids/gossip.html)

#### How Do I Help a Kid Who's Bullied?

[KidsHealth.org/en/kids/being-bullied.html](http://KidsHealth.org/en/kids/being-bullied.html)

#### Someone in My Friend's Family Died: What Should I Do?

[KidsHealth.org/en/kids/family-friend-died.html](http://KidsHealth.org/en/kids/family-friend-died.html)

#### Saying You're Sorry

[KidsHealth.org/en/kids/sorry.html](http://KidsHealth.org/en/kids/sorry.html)

#### Getting Along With Teachers

[KidsHealth.org/en/kids/getting-along-teachers.html](http://KidsHealth.org/en/kids/getting-along-teachers.html)

#### Getting Along With Parents

[KidsHealth.org/en/kids/parents.html](http://KidsHealth.org/en/kids/parents.html)

## Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. **What is empathy? Why is it important to show empathy toward others? What does it mean to "put yourself in someone else's shoes"?**
2. **Think of a time when you hurt someone's feelings. Describe what happened. How did you know you hurt the person's feelings? How did you feel about the situation? Did you do anything to make the situation better?**
3. **Are there times when students don't show empathy for each other? What would school be like if everyone showed **empathy toward each other** all the time?**



## Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

### Deciding On Empathy

#### Objectives:

##### Students will:

- Identify **empathic and non-empathic responses to a situation**
- **Explore possible positive and negative outcomes of their responses**
- Improve **their decision-making skills**

#### Materials:

- **Computer with Internet access**
- **"Deciding on Empathy" handout**

#### Class Time:

45 minutes

#### Activity:

If a person is sad, you'd try to make him or her feel better, right? Well, in real life, it can be more complicated than that. Showing empathy isn't always an easy decision to make. Read the "Deciding on Empathy" handout to find three tricky situations involving a friend. Pick one of the situations to focus on. Before you get started, check out the KidsHealth.org to get some ideas. Then you're ready to figure out how you would respond in the situation. Use the handout to help you write your thoughts about whether you'd show empathy in the situation and what results your decision might have.

#### Extensions:

1. **Choose one of the situations to role-play with a partner. Take turns acting out the different roles.** Trying acting in the situation by showing empathy and not showing empathy.
2. List some ways that you could show empathy for classmates, friends, and family members.



## Empathy Award

### Objectives:

Students will:

- Identify a person who has demonstrated empathy

### Materials:

- "Empathy Award" handout
- Optional: computer with Internet access

### Class Time:

45 minutes

### Activity:

Think of a person you think deserves an Empathy Award. The person can be famous or not famous. Then fill out the "Empathy Award" handout with this information:

- The name of your winner
- A brief description of the person
- Why you think this person deserves the award
- What you've learned about empathy from your winner

### Extension:

1. Write a thank-you note to your Empathy Award winner, **thanking** that person for **the empathy that he or she has shown toward you** or others.

## Reproducible Materials

### Handout: Deciding on Empathy

[KidsHealth.org/classroom/3to5/personal/growing/empathy\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/personal/growing/empathy_handout1.pdf)

### Handout: Empathy Award

[KidsHealth.org/classroom/3to5/personal/growing/empathy\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/personal/growing/empathy_handout2.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Deciding on Empathy

**Instructions:** Here are three tricky situations involving a friend. Pick one of the situations to focus on, and write your thoughts about whether you show empathy in the situation and what results your decision might have.

- 1 You've been best friends with Sam since kindergarten. Since the start of school this year, you've become good friends with Taylor, too. But Sam told you yesterday that she's not going to be friends with Taylor anymore and neither should you. Now Taylor is sitting alone in the cafeteria, looking really sad. What should you do?
- 2 Your best friend, Dan, has started to pick on Peter, a quiet kid in your class. You thought it was funny in the beginning, but now Dan's getting meaner and meaner. Peter tries to stay away from Dan during the day, but Dan just picks on him more. Peter is becoming more and more upset. Other kids in the class still think it's funny. What should you do?
- 3 Your best friend's grandmother just died. She wants you to come over on Saturday night to spend time with her after the funeral because she's been so sad. Your dad bought you tickets to go see your favorite sports team play on Saturday night. Besides that, you're not really sure what to say to your friend. What should you do?

 **If I show empathy:**

**Possible good results:**

**Possible bad results:**

 **If I don't show empathy:**

**Possible good results:**

**Possible bad results:**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** Fill out the award form below with: 1) the name of your winner, 2) a brief description of the person, 3) why you think this person deserves the award, and 4) what you've learned about empathy from your winner.

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# EMPATHY AWARD

