

# Showing Empathy

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Grades 3-5



## What Is Empathy?

Empathy means understanding how someone else is feeling and showing that you care about them. It's like putting yourself in someone else's shoes to see how they might feel or think.

**Directions:** Use the conversation cards below to lead discussions about understanding emotions, respecting differences, and showing kindness. Use these classroom or home activities to strengthen connections between school and home while building empathy skills.

## How to Use These Cards

- **Step 1:** Pick one category to focus on during a meal, reflection time, or while in class.
- **Step 2:** Use the conversation starter as a springboard for meaningful discussions.
- **Step 3:** Reflect on what you learned or noticed after the conversation.

## Writing Activity

**Directions:** Encourage students to think about how the world would change if we never learned about other cultures. Have them write a paragraph or story reflecting on this idea, then invite them to share their thoughts with you or others to spark discussion.

- How would the world be different if we did not learn about others and only knew about our own culture?
- Share Your Student's Work! Scan the QR code or email us at [marketing@flyfivesel.org](mailto:marketing@flyfivesel.org) to submit their work!!





# Conversation Cards

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## RECOGNIZING EMOTIONS IN OTHERS

### ACTIONS TO TAKE:

Pay attention to the way others express their feelings through their words, actions, or body language.

### CONVERSATION STARTER:

Have you ever helped someone who felt nervous, shy, or embarrassed?

How did you know they needed help?

What do you think your friend might be feeling when they seem quiet or sad?

## UNDERSTANDING DIFFERENT PERSPECTIVES

### ACTIONS TO TAKE:

Consider how others might see or experience things differently from you.

### CONVERSATION STARTER:

If you could learn about a new culture, what would you want to learn first?

Why do you think it's important to learn about people who are different from us?

What does it mean to you to 'walk in someone else's shoes'? Can you think of a time when you tried to do that?

## LEARNING ABOUT OTHERS' EXPERIENCES

### ACTIONS TO TAKE:

Show curiosity about people's backgrounds, traditions, or challenges.

### CONVERSATION STARTER:

What's something new you've learned about someone's culture, family, or way of life recently?

What are some ways we can show curiosity about others without making them feel uncomfortable?

## PRACTICING KINDNESS

### ACTIONS TO TAKE:

Take small actions to help others feel included or cared for.

### CONVERSATION STARTER:

Can you think of a time when someone showed you kindness? How did it make you feel?

Think about a time when you saw someone sitting alone or looking sad. What could you do to show them kindness?

How do you think it feels to be new in a group? What can we do to help someone feel welcome?

