

Showing Empathy

Grades 6-8



What Is Empathy?

Empathy is understanding and connecting with another person's feelings or perspective. It means recognizing their emotions, appreciating their experiences, and responding in a kind and respectful way.

Directions: Use these activities to help students explore empathy, understand different perspectives, and celebrate cultural diversity through meaningful conversations, reflective writing, and creative expression. These prompts encourage critical thinking, self-reflection, and connection with others at home or in the classroom.

Dinner Discussion

- What are some examples of personal points of view (yours or others)?
- Where does one's culture come from?
- In what ways might culture impact a person's point of view?
- How might we be tolerant of the views of others, especially when they are based on their culture?

Nighttime Reflections

- Write about some of your views (ethical, religious, and political) that are the same as or similar to those of your family.
- Write about a known belief of a friend or acquaintance. What about that belief is tied to their family or cultural background?

Ask your child:

- How have you seen various cultural differences in your community or at school?
- How are people shaped by their background and culture?
- What are your favorite family traditions? How have these helped to shape your point of view?

Reflection Activity

Directions: Guide your students through this reflection activity by encouraging them to think about how their beliefs, traditions, and culture shape their perspectives. Use the prompts to spark thoughtful writing and open conversations about empathy and understanding.

- Draw a visual representation of a point of view influenced by your culture.
- In a manner of your choosing, visually represent your culture.
- Draw the many ways your neighborhood shows and is shaped by cultural differences.
- Share Your Student's Work! Scan the QR code or email us at marketing@flyfivesel.org to submit their work!!



Reflection Activity

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Directions: Think about how your culture, family, and experiences shape how you see the world. Use the prompts to reflect and write about your beliefs, traditions, and how they connect to others' perspectives.

- Draw a visual representation of a point of view influenced by your culture.
- In a manner of your choosing, visually represent your culture.
- Draw the many ways your neighborhood shows and is shaped by cultural differences.



