

# Showing Empathy

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Grades K-2



## What Is Empathy?

Empathy is the ability to recognize, appreciate, and understand another's state of mind or emotions. Explain to your students that we must be mindful of others and include them even when they are different than us. When we do this, we show empathy.

**Directions:** Use the following questions to support your discussions about inclusion and exclusion with students.

Have a thoughtful conversation with your students about exclusion versus inclusion.

Define inclusion:

- What does exclusion look like? Feel like?
- What does inclusion look like? Feel like?

Have your students share examples of times they have experienced each. Using examples from your own life, have a conversation with your students about your feelings when you include others.

- Do you have more fun? Are you proud? Are you happy?

Have a similar conversation about a time when you excluded someone.

- How did that feel? Were you ashamed? Embarrassed? Angry?

## Drawing Activity

**Directions:** Ask your students to think about someone they don't usually work or play with. Have them draw a picture of themselves playing with that person. While they are drawing, engage them in conversation by asking:

- Why did you choose this person?
- How can you begin to include the person when you work or play?
- How would this person feel if you played or worked with them?
- Share Your Student's Work! Scan the QR code or email us at [marketing@flyfivesel.org](mailto:marketing@flyfivesel.org) to submit their work!



# Drawing Activity

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**Directions:** Close your eyes and think about someone you don't usually play or work with. Picture something fun you could do together, then draw a picture of you and that person playing or working together. Show your picture to your teacher or a friend, and explain what's happening.

