Session 2.3 Empathy Grade K-2

In today's activity you and your child will be learning about empathy. **Empathy** is the ability to understand and share how someone else feels. Empathy is important because if we understand how someone is feeling we can respond appropriately. This activity can be done inside or outside.
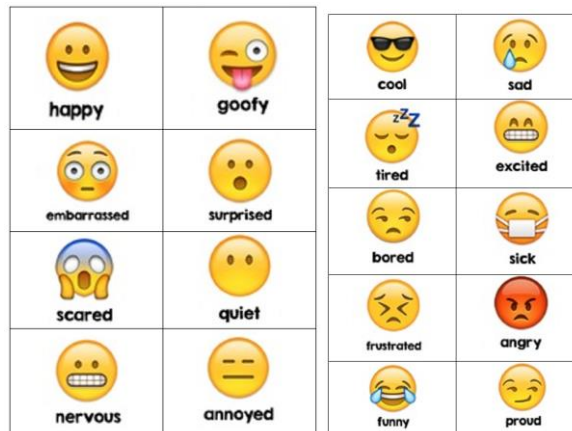
If done outside, make sure to find a safe outdoor space. Check for red ants and sharp objects in the area.

You will need a device to watch the video below, a copy of the emotions poster and a copy of the shoe template.

Activity:
Part 1
1. Start by showing your child the read aloud video of the book, Stand in My Shoes, by Bob Sornson
2. Ask your child the following questions to discuss empathy:
    a. What does empathy mean?
    b. How does expressing empathy help you and others?
3. Show your child the emotions poster and talk about what a few of the emotions are.

4. Ask your child if they have ever heard the expression, "put yourself in someone else's shoes?" Listen to their responses and link the discussion with empathy.

Lesson submitted by: FAU Pine Jog Environmental Education Center

a. Discuss that ***empathy* is the ability to notice and understand what other people feel**.

Part 2:
1. Have your child use the [template attached](#) to create their own pair of shoes. They can decorate them however they choose.
2. Explain to your child you are making the shoes so you can "put yourself in someone else's shoes."
3. Have your child choose an emotion (or two) that they are feeling right now and draw the corresponding emoji on one of the shoes.

    Note: There are a lot of emotions and people can feel more than one emotion at a time.
4. Ask another family member (or yourself) to choose an emotion they are feeling right now and draw that emoji on the other shoe.
5. Discuss with your child why they are feeling that emotion and then have the other person why tell them about how they are feeling and why.
    a. Make sure they understand how the other person is feeling by "putting themselves in the other person's shoes."