

# TEACHING CHILDREN, EMPATHY, THE SOCIAL EMOTION

**Lessons, Activities and Reproducible Worksheets  
(K-6) That Teach How to "Step Into Other's Shoes"**

**By Tonia Caselman, Ph.D.**



© 2009, 2007  
YouthLight, Inc.  
Chapin, SC 29036

All rights reserved.

Permission is given for individuals to reproduce pages as noted in this book.  
Reproduction of any other material is strictly prohibited.

Cover Design by Amy Rule  
Layout / Graphics by Amy Rule  
Project Editing by Susan Bowman

ISBN 1-59850-014-7

Library of Congress Number  
2006934786

10 9 8 7 6 5 4 3 2  
Printed in the United States

# DEFINITIONS OF EMPATHY

**DIRECTIONS:** Listed below are several definitions of empathy. Circle the one that you like the most and then draw a picture below of yourself showing this to another person.

1. The ability to “put yourself in someone else’s shoes”
2. The ability to understand other people’s feelings even though your feelings are different
3. The ability to be sensitive to others’ feelings
4. The ability to experience other people’s feelings
5. The ability to show caring behaviors towards others

**THIS IS ME SHOWING EMPATHY**

# WHAT EMPATHY LOOKS LIKE (AND DOESN'T LOOK LIKE!)

**DIRECTIONS:** Look at the children below. Decide which ones are considering other people's feelings and which ones are not. Write the names of the empathic people at the bottom of the page. Then write why you think they are showing empathy.



List the names of the people who are showing empathy and how they are doing it:

\_\_\_\_\_ :

\_\_\_\_\_ :

\_\_\_\_\_ :

# EMPATHY GRADE CARD

**DIRECTIONS:** Put an X in a box to the right of each statement that best describes how well you do each one.

|  | EXCELLENT | GOOD | SO-SO | POOR |
|--|-----------|------|-------|------|
| I ask people about their feelings                                    |           |      |       |      |
| I can tell what other people are feeling by the look on their face.  |           |      |       |      |
| I can tell what other people are feeling by the tone of their voice. |           |      |       |      |
| I try to help people feel better when I see that they are sad.       |           |      |       |      |
| I congratulate others on their successes.                            |           |      |       |      |
| I can "put myself in someone else's shoes."                          |           |      |       |      |
| I like to do nice things for others.                                 |           |      |       |      |
| I like to hear others' point of view.                                |           |      |       |      |

# WORLD WITHOUT EMPATHY

**DIRECTIONS:** *Imagine (but only for a short time because it's not a pleasant thought!) what the world might be like if people didn't have empathy for one another. Answer the following questions:*

1. What might happen if there was no empathy in families?

---

---

---

2. What might happen if there was no empathy in the classroom?

---

---

---

3. What might happen if there was no empathy on the playground?

---

---

---

4. What might happen if there was no empathy driving on the streets?

---

---

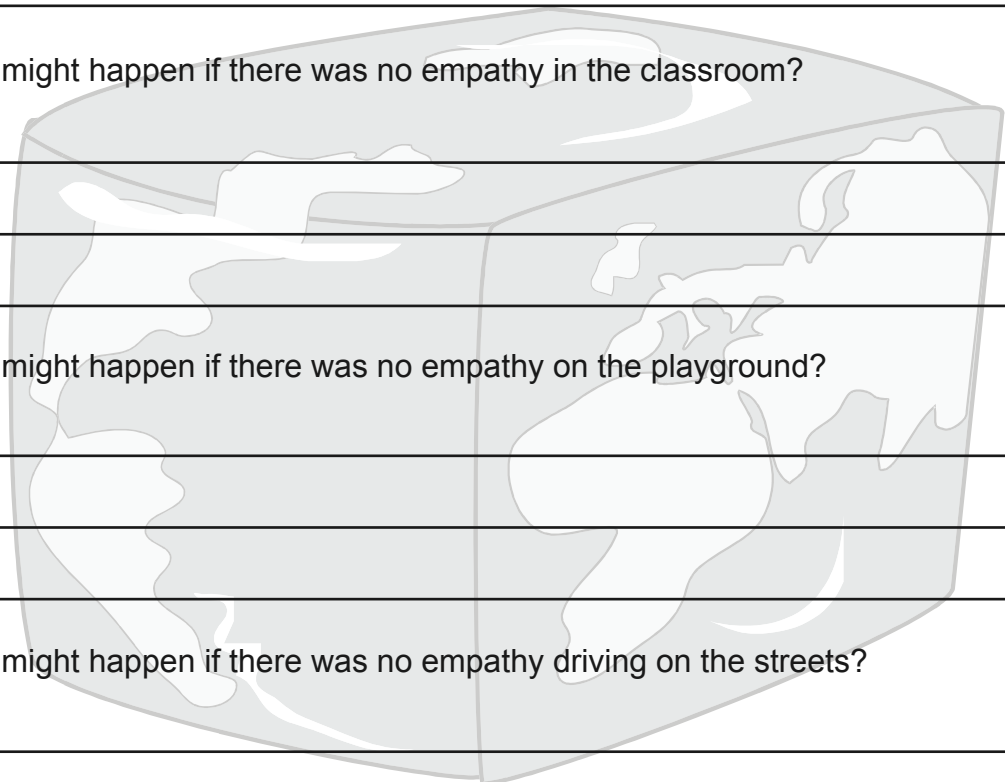
---

5. Would you want to live in a world without empathy? Why or why not?

---

---

---



# THE SECRET OF SUCCESS\*

\*Created by Henry Ford, founder of Ford Motors and developer of moving assembly belts which made cars affordable to the average American.

**DIRECTIONS:** Using the Message Decoder at the bottom of the page, fill in the blanks and find out what Henry Ford said about empathy.

“

9 6    19 8 5 17 5    9 18    1 14 23    15 14 5    18 5 3 17 5 19

,

19 15    18 20 3 3 5 18 18    9 19    12 9 5 18    9 14    19 8 5

1 2 9 12 9 19 23    19 15    7 5 19    19 8 5    15 19 8 5 17

,

16 5 17 18 15 14    18    16 15 9 14 19    15 6    21 9 5 22    1 14 4

18 5 5    19 8 9 14 7 18    6 17 15 13    8 9 18    1 14 7 12 5

”

1 18    22 5 12 12    1 18    23 15 20 17 18

|   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| A | B | C | D | E | F | G | H | I | J  | K  | L  | M  | N  | O  | P  | R  | S  | T  | U  | V  | W  | Y  |