



Lesson Fifteen

Cross-Curricular Activities and Resources:

- 1. Math: Kindness Counter-** Have students keep a small tally chart or “kindness tracker” during the day. Each time they notice someone showing empathy—like a kind word, a helping hand, or a friendly smile—they quietly make a tally. At the end of the day or week, count and graph the class acts of kindness. Compare which types of kind acts were most common and discuss what that tells us about how we support each other.
- 2. Science: Heartbeat and Feelings-** Have students quietly feel their pulse at rest and after some light movement (like walking in place or hopping). Discuss how our bodies respond to emotions like excitement or nervousness. Then talk about how noticing our own body clues—like a racing heart or clenched hands—can help us understand feelings in others too. Connect this to recognizing emotional signals in our classmates.
- 3. Social Studies: Community Helper Match-Up-** Print or display pictures of different helpers in the community (nurse, teacher, firefighter, counselor, coach, etc.). Talk about how each of these people shows empathy in their job. Then, ask students to pair each helper with a scenario (e.g., a nurse helping someone scared of a shot). Encourage students to explain what kind of empathy each helper shows and what we can learn from them.
- 4. Language Arts: “I See You” Cards-** Ask students to write a short card to someone in class or at home who might need a little support. They can write things like: “I saw you were quiet today—I hope you’re okay,” or “Thanks for being a great partner in class.” This helps students use empathy in writing and gives them practice expressing kind thoughts to others. Let them decorate and deliver the cards if they choose.
- 5. Art: Feeling Faces Collage-** Provide magazines, printed photos, or drawings of different faces showing a variety of emotions. Ask students to cut out or draw at least four faces that show different feelings (happy, frustrated, worried, left out). On a large paper or collage board, they arrange and label the faces, adding what they could say to each person to show kindness. Display the collage as a classroom empathy reminder.