

Summary of Lesson Fifteen

In this lesson, students learn what empathy means and why it's important. Through interactive activities and role-play, they practice recognizing emotions in others by noticing facial expressions and body language. Students explore kind and caring responses they can use to support someone who feels sad, frustrated, or left out. The story *Tia Takes Charge* helps them connect empathy to real-life problem-solving, as Tia manages her emotions and brings others together to help a friend in need.

At Home Practice: Step Into My Shoes (Role Play)

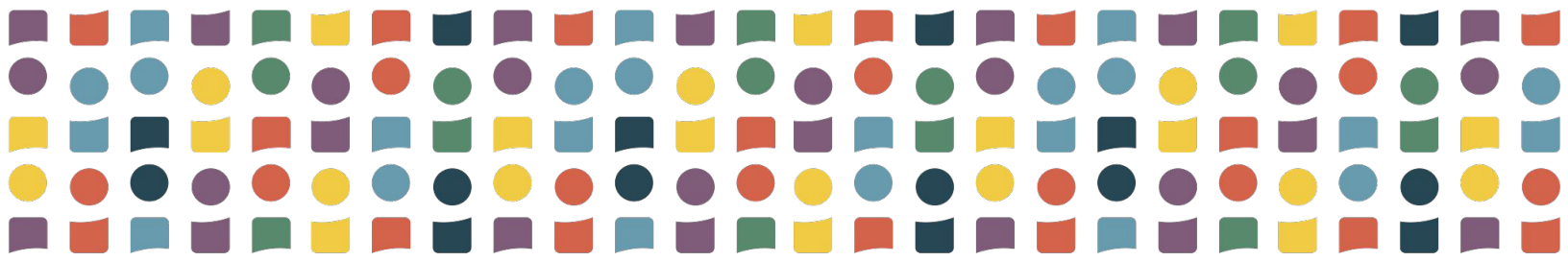
Materials Needed:

- A pair of shoes (can be anyone's—child or adult)
- Paper and crayons or pencils
- Optional: Emotion cards or photos of people showing different feelings

Activity Instructions:

1. Place the shoes in the middle of the room.
2. One family member steps into the shoes and pretends to be someone else: a friend, a neighbor, a teacher, or a character from a book.
3. They say: "I am ___, and today I felt ___ because ___."

Example: "I'm my friend Alex. Today I felt left out when no one picked me for their game at recess."



At home practice: Empathy cont

Family Discussion (Perspective-Taking):

Ask:

“How do you think they felt?”

“What might help them feel better?”

“Have you ever felt that way too?”

Let each family member respond kindly.

Creative Connection (Optional Drawing Prompt):

Everyone draws a picture of something kind they could do to help that person feel seen, supported, or included.

Wrap-Up Reflection:

Finish with a family check-in:

- “When was a time someone understood how you were feeling?”
- “How does it feel when someone shows empathy?”



Family Note:

Empathy starts with listening, noticing, and imagining how someone else feels. This activity gives kids and adults the chance to pause and connect with each other’s experiences—and to remember that even small acts of kindness can make someone feel understood.