



## Lesson Ten

In this lesson, students explore empathy by identifying feelings in themselves and others. Through the story of Cleo and her friends, students notice how teasing impacts emotions and how kind actions help others feel seen and supported. They learn to use facial expressions and body language to show care and understanding, and they practice choosing kind words and actions when someone is feeling left out or hurt.

### **At Home Practice: Kind or Unkind?**

Complete the Kind or Unkind activity sheet together.

**Bonus:** Draw one more kind thing you could do for a friend in the empty space below.

# Kind or Unkind?

Cut out the picture squares at the bottom of this page.

Look at each picture carefully. Decide if it shows a kind action or an unkind action. Then, glue it into the right box:

**Kind Garden** — for kind and caring actions

**Unkind Trash Can** — for teasing or hurtful actions

**Kind Garden**



**Unkind Trash Can**

