



## CREATING EMPATHY – GRADES 4-6

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### **Creating Empathy years 9-11 (grades 4-6)**

Provide opportunities for acting or enroll in a drama class. Stepping into the role of another person is a great way to build empathy, just as playing pretend helps young children develop understanding and compassion for others.

#### **Create empathy maps - Activity**

Empathy maps include four sections: **Feel, Think, Say, and Do.** Choose an emotion, then brainstorm what you might say, think, and do when you feel that way.

For example: “When I feel worried, I might think I’m making a lot of mistakes or that something bad is going to happen. I say, ‘I’m sorry’ too much or, ‘I can’t do this.’ Sometimes when I’m worried, I do nothing at all. Something helpful that I can do is to take deep breaths and remind myself that everything will be okay.”

If it comes up, you can highlight the fact that what we say or do is sometimes the opposite of what we’re really feeling. You can discuss why that is and how we can relate that to showing empathy and understanding for others.

Retrieved and adapted from:<https://biglifejournal.com/blogs/blog/key-strategies-teach-children-empathy>

