



EMPATHY IS YOUR SUPERPOWER

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YouTube link to *Empathy is Your Superpower*:

<https://www.youtube.com/watch?v=-9TCpbqohcl>

Option to pause the video to answer the questions as a large group.

Suggested activities:

1. Have students look at magazine photographs or cut and paste the photos into notebooks. Have students write what they think is happening in the photo and how they think the people in the photo are feeling.

or

Assign each student a feeling and have them find a photo that reflects that feeling.

Discussion questions that you can ask the students to answer regarding the picture they have chosen:

- a) What do you think is happening in this picture?
 - b) How are each of the people in the picture feeling?
 - c) Why do you think they feel this way?
 - d) What might have happened before the picture was taken?
 - e) If you were to use your empathy superpower for one person in the picture, what would you say or do?
2. In groups of 4 have students each pick a feeling (eg. sad, happy, angry, frustrated, etc.) out of an envelope. Have one student at a time act out the feeling they have chosen and then have the other students in the group guess



what feeling it is. Have them explain why they thought it was the feeling they identified, what facial and body language cues helped them come to this conclusion?

Discussion questions to follow the role play:

- a) How did you know what feeling was being acted out?
- b) Can you make the same feeling with your face?
- c) Is it sometimes hard to tell when people are feeling this way (whatever feeling was just acted out)? Why?
- d) If you were acting out this feeling, how would you have done it?
- e) Why do you think it is important to know how people are feeling?

3. Have your students draw a picture of an empathy superhero that they have met or learned about.

Discussion questions:

- a) Tell us about your empathy superhero/s.
- b) Why are they your empathy superhero/s.
- c) How do they make others feel?
- d) How do they help the world?

4. Have your students think about how they can be an empathy superhero. What could they do to make the world a better place and help others in need? Have them draw a self-portrait acting as an empathy superhero.

Discussion questions:

- a) Tell me about your empathy superpower.
- b) How do you practice your empathy superpower?
- c) How would you like to use your empathy superpower as you get older?

Suggested activities were retrieved and adapted from the book *Empathy is Your Superpower*. Written by: Cori Bussolari, Illustrated by: Zach Grzekowiak

