

Bring character education and social emotional learning together into your classroom in just 15 minutes a day!

FOCUS: EMPATHY

15 minute lesson plans

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	Introduce the concept of empathy. What does it mean? Share poster with students and have a class discussion.	Identify examples and non-examples of empathy. Read items on sort and students do thumbs up/down to identify empathy.	Read Aloud: The Invisible Boy Use the questions as you read the story to guide student discussion.	Finish read aloud if needed. Talk about what empathy looks like specifically at school using the anchor chart . Fill in the school column together.	Students read and respond to the scenario "I'm Not Afraid of Challenges."
WEEK 2	Talk about what empathy looks like specifically at home using the anchor chart . Fill in the home column together.	Introduce the home connection task to the students and send it home. Choose which one best fits your students/objectives.	Read Aloud: I Am Human - A Book of Empathy Use the questions as you read the story to guide student discussion.	Finish read aloud if needed. Read aloud scenarios and have students turn and talk with a partner about what they would do in the situation to have empathy.	Students read and respond to the scenario "I Can Think Creatively."
WEEK 3	Talk about what empathy looks like specifically at home using the anchor chart . Fill in the home column together.	Options: to Complete the	Read Aloud: Hey, Little Ant	Read aloud two scenario cards . Have students choose one and write a response.	Students read and respond to the scenario "I Am A Problem Solver."

FOCUS: EMPATHY

Essential Questions & Objectives

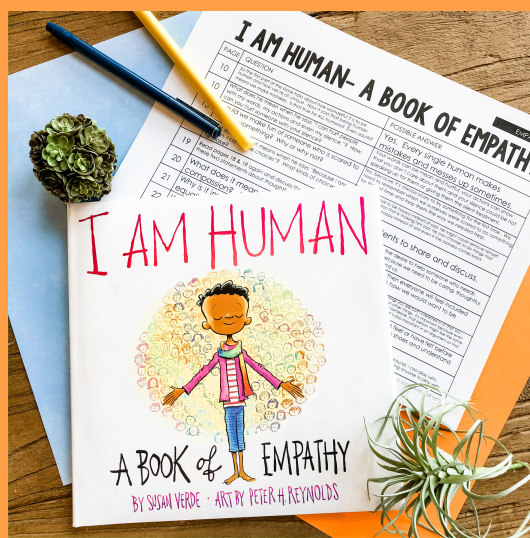
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
WEEK 1	Essential Question: What does "empathy" mean? Objective: Students will be able to discuss and define empathy.	Essential Question: What are some ways to show empathy? Objective: Students will be able to correctly identify ways to show empathy.	Essential Question: Why is empathy important? Objective: Students will be able to discuss the importance of empathy.	Essential Question: What does empathy look like at school? Objective: Students will be able to describe empathy at school.	Essential Question: How do challenges make your life better? Objective: Students will be able to write about how challenges make their lives better.
WEEK 2	Essential Question: What does empathy look like at home? Objective: Students will be able to describe what empathy looks like at home.	Essential Question: How can we show empathy at home? Objective: Students will be able to practice and apply empathy at home.	Essential Question: Why is it important to others for us to have empathy? Objective: Students will be able to discuss the importance of empathy to others.	Essential Question: How can we have empathy in various situations? Objective: Students will be able to discuss empathy in various situations.	Essential Question: How does creativity help you? Objective: Students will be able to write about how creativity can help during challenging situations.
WEEK 3	Essential Question: What does empathy look like in the community? Objective: Students will be able to describe empathy in the community.	Essential Question: What are ways to have empathy? What is not empathy? Objective: Students will be able to identify empathy and lack of empathy.	Essential Question: How do others show empathy? Objective: Students will be able to listen to how others (visitor or characters) have empathy.	Essential Question: How can you use what you know about empathy? Objective: Students will be able to apply empathy to a particular situation.	Essential Question: Why is it important to be a problem solver? Objective: Students will be able to write about how solving problems can help you in your life.
WEEK 4	Essential Question: What does empathy look and sound like? Objective: Students will be able to discuss what empathy looks and sounds like.	Essential Question: How can we show empathy with our actions? Objective: Students will be able to show empathy through charades.	Essential Question: How can we express empathy in our art? Objective: Students will be able to use art to express empathy.	Essential Question: What does it mean to have grit? Objective: Students will be able to write about the meaning of grit and why it's important.	Essential Question: How can we apply what we know about empathy? Objective: Students will explain how they have empathy in their lives.



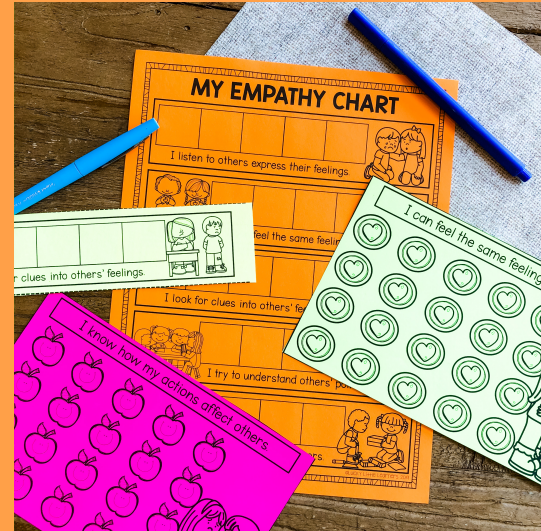
Take back your classroom.



Increase positive behaviors.



Teach your students.



Empathy Song



Empathy Song

Karl walked into class his face is all I see
Something it upset him as he walked to school that day
His mom she called up crying, said his dog had ran away oh no

Hailey walked into class took Karl by the hand
And told him a story, how she lost you own dog Sam
Karl you'll feel better I just wanted you to know



Chorus:
I've been there before, I've seen that face
Empathy can show you what it's like to run the race
Some days are hard, I know that's true
Do you know what it's like to walk in someone else's shoes
I've been there before

Karl saw that Evelyn had fallen off the slide
He quickly picked her up before she went to go and hide
Evelynn please don't you cry, I just want to tell you that



Chorus

Later on Miss Smith she said, that class was almost done
She was looking tired and her hair was in a bun
Then she spilled her coffee and it ran all on her desk, oh no

Evelynn saw what happened and she hurried to the desk
She said Miss Smith I'm sorry, can I help you clean this mess
Miss Smith turned and smiled she said thank you Evelyn
and yes

Chorus

THE ENCOURAGER

EMPATHY SONG OF THE MONTH

Click
to
Listen



Empathy

Brandon Olson

Key of G
94 BPM

Verse 1:

G
Karl walked into class his face is all I see
Em
something it upset him as he walked to school that day
C
his mom she called up crying said his dog had ran away oh no
G
Hailey walked into class took Karl by the hand
Em
and told him a story how she lost her own dog Sam
C
Karl you'll feel better I just wanted you to know
D

Chorus:

G
I've been there before I've seen that face
D
Em
Empathy can show you what it's like to run the race
C
some days are hard I know that's true
D
do you know what it's like to walk in someone else's shoes
G
I've been there before

Verse 2:

G
Karl saw that Evelyn had fallen off the slide
D
Em
he quickly picked her up before she went to go and hide
C
Evelynn please don't you cry I just want to tell you that
Em C D Em C D D7

Instrumental:

G

Verse 3:

G
Later on Miss Smith she said that class was almost done

Page 1

Videos, Song Sheets, & Chord Charts Included!

Home Connections

Send home one each week!



HOME CONNECTION

This month our character focus is **EMPATHY**. Please complete the activity below to reinforce the importance of practicing and applying this skill. Then sign and return back to school by the end of the week.

ACTIVITY: We have learned that we show empathy by understanding that no one is perfect. We all make mistakes! Talk to your child about a time you made a mistake? Have your child tell you about a time they made a mistake? How did they feel? What did others say or do around them?

Student Name: _____

Parent Signature: _____

THE ENCOURAGING CLASSROOM



HOME CONNECTION

This month our character focus is **EMPATHY**. Please complete the activity below to reinforce the importance of practicing and applying this skill. Then sign and return back to school by the end of the week.

ACTIVITY: We have learned that showing empathy can be demonstrated by acting with compassion and helping others. Find someone or something in need of help or assistance. How did you feel after helping them?

Student Name: _____

Parent Signature: _____

THE ENCOURAGING CLASSROOM



Families love these! Great way to bridge the learning from school to home!

Mindful Coloring

Allows students to focus on the positive!

Custom artwork done by an artist!



Great for early finishers or something to do during a read aloud!

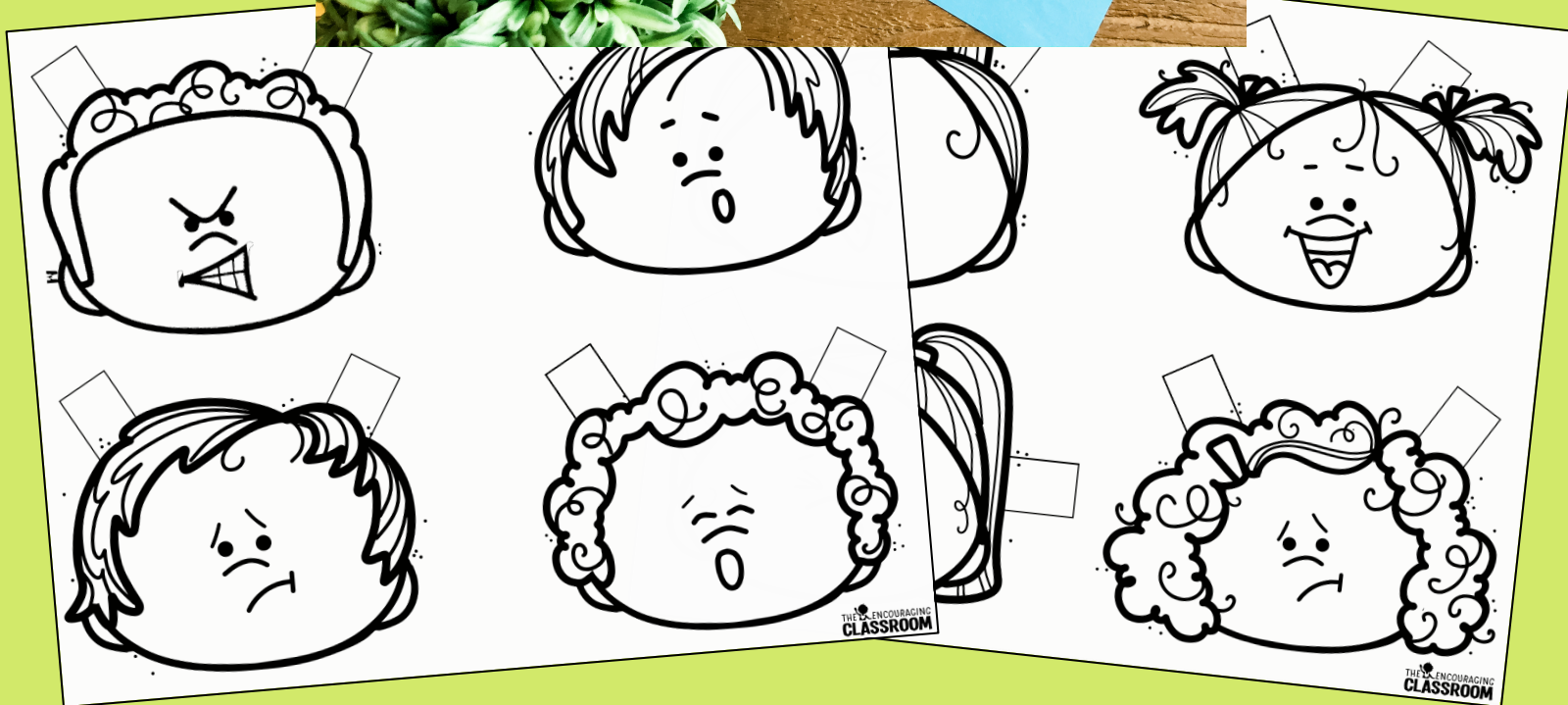
Books & Questions

Book questions and answers provided in 3 formats: post it notes, bookmarks, or full sheet printout



YouTube video links provided for all suggested read alouds!

Hands On Project



Throughout these lessons, you will find that your classroom environment will feel even more healthy, productive, and safe for your students.

Student Activities

EMPATHY		
SCHOOL	HOME	COMMUNITY

Name _____

What is EMPATHY?

Directions: Cut out the examples at the bottom of the page. Read, sort, and glue the examples into the correct column.

Empathetic	NOT Empathetic


★ BONUS: Make a list of more ways to show empathy on the back of this paper

holding the door	telling someone "good job"
laugh at Sue for dropping her lunch	ask Kelli why she is crying
Tying your little brother's shoe	not helping Joe study for test
teasing kids for crying	listen to others
pointing at a person in a wheelchair	making fun of Alan's new glasses

Name _____

I CAN THINK CREATIVELY

It was almost Christmas and Jonah had no money to buy presents for any of his family or friends. He was felt terrible that he had spent all his allowance on baseball cards and now couldn't afford any gifts. What was he going to do? He sat in his favorite chair in his room and started thinking about each person that he wanted to buy a gift for. He made a list of what he would buy them if he did have money. He would buy his Mom a scarf, his Dad a dish for all his loose coins, and his brother a new bookshelf. Jonah wondered if he could make the gifts instead of buying them. He started looking for old stuff that he could use to make the gifts. Christmas might not be so bad after all!



☐ Circle the characters ☐ Draw a box around the setting ☐ Underline the problem

How does Jonah think creatively? What types of things could he use to make those gifts?

FOCUS: EMPATHY

Your best friend missed a word in the Spelling Bee. She will not go to the next level. She is mad and sad.

What do you do?

FOCUS: EMPATHY

Your friend tripped and fell in front of the whole class. Everyone started to laugh.

What do you do?

FOCUS: EMPATHY

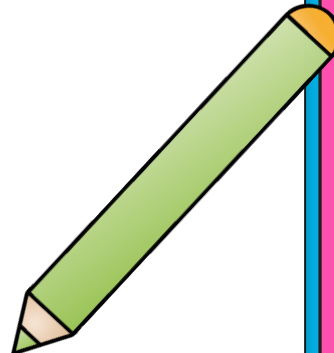
You see the new girl in your class sitting by herself at lunch. She was looking very scared and sad.

What do you do?

FOCUS: EMPATHY

At recess, kids in another class were making fun of your classmate for having glasses.

What do you do?



What's Included

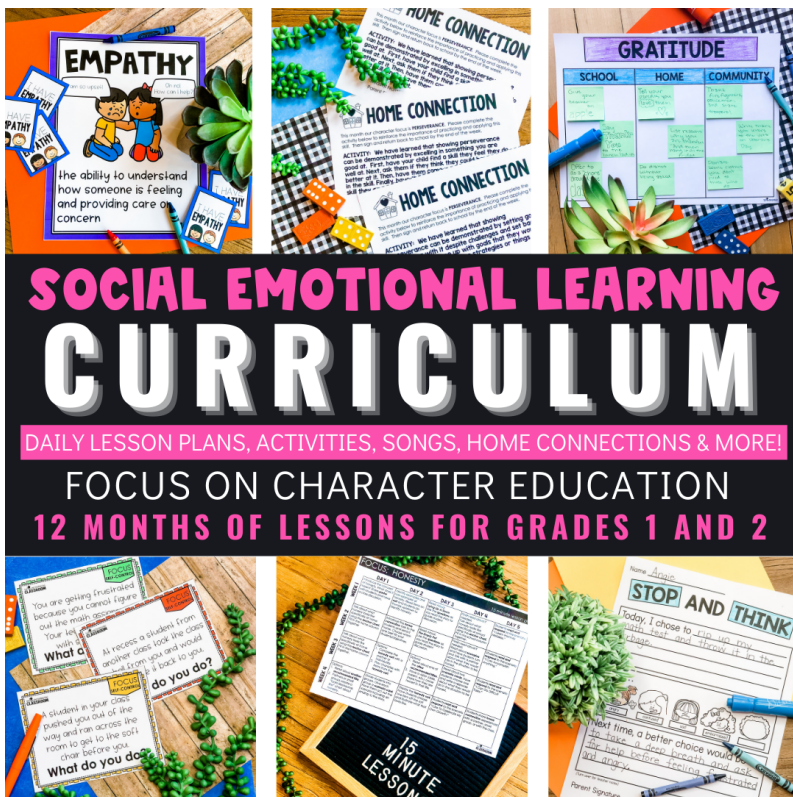
- * 30 Days of Lesson Plans
- * Empathy Poster
- * 1st Grade Read and Respond Passages (print & digital)
- * 2nd Grade Read and Respond Passages (print & digital)
- * Anchor Chart
- * Behavior Goal Tracker
- * 4 Read Aloud Suggestions
- * Read Aloud Questions & Answers (3 formats)
- * Brag Tags
- * Empathy Song (with lyric video to sing along)
- * Chord Chart
- * Student Song Sheet
- * Coloring Page for Mindfulness
- * Video Links for Read Alouds on YouTube
- * Video Mini-Lessons with Questions on YouTube
- * Character Sort (print & digital)
- * Weekly Home Connections
- * Scenario Cards



SAVE MONEY BY GRABBING OUR COMPLETE SEL CURRICULUM!

A whole year of lessons & activities! Click on any image to learn more

Respect	Responsibility	Compassion
Cooperation	Empathy	Gratitude
Honesty	Kindness	Manners
Perseverance	Self-Control	Self-Confidence
Self-Regulation	Mindfulness	Calm Down Strategies
Relationships	Conflict Resolution	Managing Emotions



EMPATHY
the ability to understand how someone is feeling and providing care or concern

HOME CONNECTION

GRATITUDE
SCHOOL HOME COMMUNITY

15 MINUTE LESSON

SOCIAL EMOTIONAL LEARNING CURRICULUM
DAILY LESSON PLANS, ACTIVITIES, SONGS, HOME CONNECTIONS & MORE!
FOCUS ON CHARACTER EDUCATION
12 MONTHS OF LESSONS FOR GRADES 1 AND 2

BONUS RESOURCES IN THE BUNDLE:

- * 4 Steps Poster
- * Extra Character Education Book Recommendations
- * Breathing Technique Posters
- * Calm Down Corner Tools List
- * Calm Down Strategy Cards
- * Check-In Posters
- * Morning Meeting Cards
- * Morning Meeting Journal Prompts
- * Morning Meeting Slides
- * Reflection Sheets
- * Stop and Think Sheets
- * Yoga Poses Cards