

EMPATHY BUILDERS

NO CUT FLIPBOOK





Walk a Mile
in Their Shoes

Empathy Building Activities

- one What is Empathy?
- two Varying Emotions
- three How would it feel?
- four Help or Hurt Mrs. Bell The CRAFTY Counselor
- five Showing Empathy Mrs. Bell The CRAFTY Counselor

What is empathy?

Empathy is looking at a situation through someone else's eyes and thinking of how it would feel to be in their position. Empathy is understanding what someone else is feeling and going through. Basically, empathy is the ability to put yourself in someone else's shoes. Please describe an example of a time you showed someone empathy.

Happy	Nervous	Upset	Proud	Sad
Angry	Alone	Scared	Embarrassed	Hurt
Shocked				

one What is Empathy?

two Varying Emotions



three How would it feel?





four Help or Hurt Mrs. Bell The CRAFTY Counselor

five Showing Empathy Mrs. Bell The CRAFTY Counselor

ARE YOU HELPING OR HURTING?

We make decisions all day long that could help or hurt other people. Through our actions and responses, we decide if we want to be the type of person that helps others or the type of person that hurts others. Think about the following situations and the ways others could react and respond. Circle the response that would be helpful and check over the response that would be hurtful. Describe what you would do in each situation.

<p>He has really stinky hands. He is struggling to open the door without dropping any of his things.</p> <p>Someone opened the door and helped him balance his items better.</p> <p>Someone pushed passed him, annoyed he was in their way.</p> <p>He is sitting off to the side, alone, or recess; he doesn't look like he has anyone that he can play with.</p> <p>Everyone ignores him and continues doing their own thing, leaving him all alone.</p> <p>Someone shares their games with a friendly smile and asks him to join their game.</p>	<p>How would you have handled this situation? What would you have done?</p>  
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<p>At recess, she got tripped by a boy. It seems like it hurt pretty badly.</p> <p>Someone says they walk her to the clinic for some ice and a Band-Aid.</p> <p>Someone shares her game. They tell her to take a deep breath and try again.</p>	<p>He has to present a project in front of the class. He forgets what he was supposed to say and freezes up.</p> <p>Someone laughs and makes fun of him for using his place.</p> <p>Someone shares her game. They tell her to take a deep breath and try again.</p>
<p>How would you have handled this situation? What would you have done?</p>  	<p>How would you have handled this situation? What would you have done?</p>  

Do you think it is important to help other people? Please explain your reasoning.

four Help or Hurt Mrs. Bell The CRAFTY Counselor

five Showing Empathy Mrs. Bell The CRAFTY Counselor

SIMPLY PRINT AND FOLD

BY: MRS. BELL THE CRAFTY COUNSELOR

What is empathy?

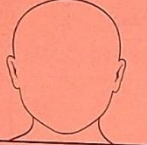
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What do each of these emotions look like?

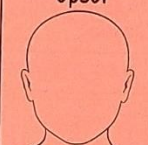
Happy



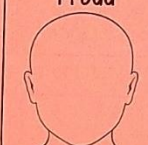
Nervous



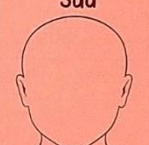
Upset



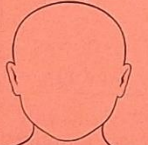
Proud



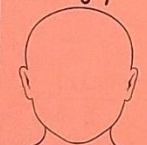
Sad



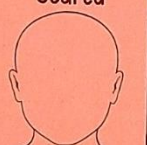
Annoyed



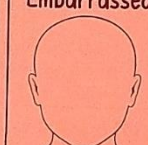
Angry



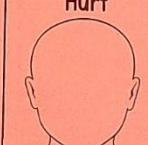
Scared



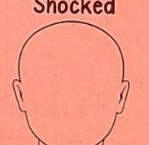
Embarrassed



Hurt



Shocked



one

What is Empathy?

two

Varying Emotions

three

How would it feel?

four

Help or Hurt?

five

Showing Empathy

Mrs. Bell
The **CRAFTY**
Counselor

How would you feel?

There are many emotions and feelings that people experience throughout their lives. These varying emotions can cause us to respond differently from others when faced with the same situations. Please provide one example of something that would make you feel each of the described emotions.

Happy	Nervous	Sad	Scared	Embarrassed	Angry

Color in the boxes below based on their labels. Use this as a guide to complete the activity below.

<u>Happy</u> Yellow	<u>Nervous</u> Orange	<u>Sad</u> Blue	<u>Scared</u> Purple	<u>Embarrassed</u> Green	<u>Angry</u> Red
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How would each situation make you feel? Color in the boxes based on the key above.

He ripped his pants while playing on the playground.	It is your birthday and your class is celebrating.	Someone stole your favorite snack out of your lunch box.	Your class gets to go on a field trip.	You did not do well on a really hard test.
Someone does not want to be friends with you anymore.	A teacher gives you a compliment and tells you that you are doing great.	Someone trips and falls down in front of a big group of people.	You have to speak in front of everyone while you present a project.	You've been practicing for a while and you finally mastered the skill.
You get a new teacher in the middle of the year.	Someone special comes to school to eat lunch with you.	You are not sure how you are getting home from school today.	A friend is spreading rumors about you.	Today, there is a new student who joined your class.

two

Varying Emotions

three

How would it feel?

four

Help or Hurt Mrs. Bell

five

The **CRAFTY** Counselor
Showing Empathy

SHOWING THAT YOU CARE

Think about the possible outcomes of these two situations. Do the responses show empathy and care? Do they help the other person? What could have been done instead?

He has many items in his hands. He is struggling to open the door without dropping any of his things.

(situation)

Someone pushed passed him, annoyed he was in their way.

(someone's response)

Does this response show empathy?
 Yes No

What do you think happened next?

How could you have shown that person empathy and care?

He is sitting off to the side, alone, at recess. He doesn't look like he has anyone that he can play with.

(situation)

Everyone ignores him and continues doing their own thing, leaving him all alone.

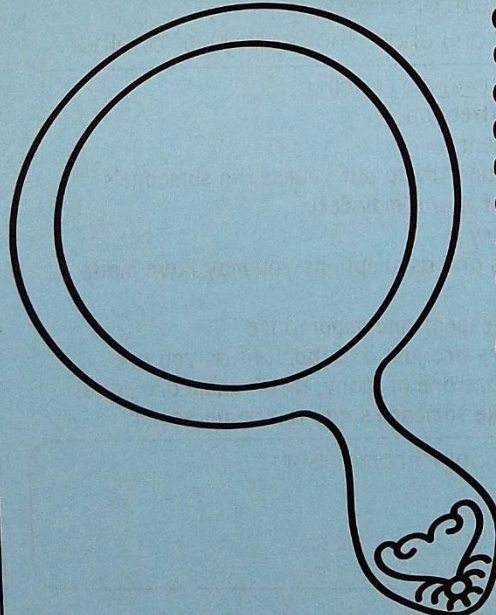
(someone's response)

Does this response show empathy?
 Yes No

What do you think happened next?

How could you have shown that person empathy and care?

What type of person do you want to be? Describe your ideal self on the mirror.



Hopefully through using this flipbook you see that it is very important to put yourself in other's shoes to understand their feelings and point of view. It is important to have empathy for others. How do you plan to be an empathetic person in your everyday life?

How will you regularly show other people that you care?

five

Mrs. Bell
The **CRAFTY** Counselor
Showing Em

Stay Connected:



Mrs. Bell
The Crafty Counselor

You may also like:

Calm Down Tools No Cut Flipbook



The image shows a flipbook titled "Calm Down Tools prevent losing control". It is divided into five numbered sections: one My Triggers, two My Anger, three Calming Strategies, four Taking Control, and five What Works For Me. A watermark for "Mrs. Bell The CRAFTY Counselor" is visible over the bottom right of the flipbook.

Simply print and fold
By: Mrs. Bell The Crafty Counselor

TEASING... Playful or Mean?



The image shows two cards. The left card is titled "Playful TEASES" and features a blue cat character with the text "laughing with". The right card is titled "laughing at" and features a pink monster character with the text "Mean TEASES". A small card in the middle says "The smile part is over the pain! They all laugh, about as before they had been up to Mrs. Bell The CRAFTY Counselor".

Teaching kids the difference
By: Mrs. Bell The Crafty Counselor

WALK A MILE In Someone Else's Shoes



The image shows several cards from the "Walk A Mile In Someone Else's Shoes" activity, each featuring a cartoon character and a short story or scenario.

For full color cards, print double sided, pages 3-26. For black and white cards, print double sided, pages 26-50. Laminate for durability. Cut on dotted lines to separate.

Mrs. Bell
The Crafty Counselor

Friendly & Respectful -or- UNFRIENDLY & DISRESPECTFUL



This fun activity teaches students the concept of being friendly, unfriendly, respectful, disrespectful, making people feel like they can fly and raining on their parade. By utilizing the various included resources, students will decide if they want to be the type of person that lifts others up, A.K.A "makes them feel like they can fly", or if they want to bring others down, A.K.A. "rain on their parade".

Mrs. Bell
The Crafty Counselor

Will you help flip the turtle?

Teach students what they can do to help others.



The image shows a row of six cartoon turtles of different colors and sizes, some appearing to be in a line.

By: The Crafty Counselor

Credits:



**By: Mrs. Bell
The Crafty Counselor**