

## Teacher's Guide

This guide includes:

- Standards
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## Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: <http://www.cdc.gov/healthyschools/sher/standards/index.htm>



## Grades 6 to 8 • Personal Health Series Empathy

Whether it's helping someone who dropped her books or listening to someone who's feeling down, empathy is an important part of students' lives. These activities will help your students understand what empathy is and how they can be more compassionate toward others.

## Related KidsHealth Links

### Articles for Kids:

#### Talking About Your Feelings

[KidsHealth.org/en/kids/talk-feelings.html](http://KidsHealth.org/en/kids/talk-feelings.html)

#### How Cliques Make Kids Feel Left Out

[KidsHealth.org/en/kids/clique.html](http://KidsHealth.org/en/kids/clique.html)

#### The Scoop on Gossip

[KidsHealth.org/en/kids/gossip.html](http://KidsHealth.org/en/kids/gossip.html)

#### How Do I Help a Kid Who's Bullied?

[KidsHealth.org/en/kids/being-bullied.html](http://KidsHealth.org/en/kids/being-bullied.html)

#### Someone in My Friend's Family Died: What Should I

[Do? KidsHealth.org/en/kids/family-friend-died.html](http://KidsHealth.org/en/kids/family-friend-died.html)

#### Saying You're Sorry

[KidsHealth.org/en/kids/sorry.html](http://KidsHealth.org/en/kids/sorry.html)

#### Getting Along With Teachers

[KidsHealth.org/en/kids/getting-along-teachers.html](http://KidsHealth.org/en/kids/getting-along-teachers.html)

#### Getting Along With Parents

[KidsHealth.org/en/kids/parents.html](http://KidsHealth.org/en/kids/parents.html)

### Articles for Teens:

#### Understanding Other People

[TeensHealth.org/en/teens/understanding-others.html](http://TeensHealth.org/en/teens/understanding-others.html)

#### Emotional Intelligence

[TeensHealth.org/en/teens/eq.html](http://TeensHealth.org/en/teens/eq.html)

#### What Does It Mean to Be a Friend?

[TeensHealth.org/en/teens/friend-comments.html](http://TeensHealth.org/en/teens/friend-comments.html)

#### I Hurt My Friends' Feelings. What Should I Do?

[TeensHealth.org/en/teens/apologize.html](http://TeensHealth.org/en/teens/apologize.html)

#### Apologizing

[TeensHealth.org/en/teens/apologies.html](http://TeensHealth.org/en/teens/apologies.html)

#### Getting Along With Your Teachers

[TeensHealth.org/en/teens/teacher-relationships.html](http://TeensHealth.org/en/teens/teacher-relationships.html)

#### Talking to Your Parents — or Other Adults

[TeensHealth.org/en/teens/talk-to-parents.html](http://TeensHealth.org/en/teens/talk-to-parents.html)

## Discussion Questions

*Note: The following questions are written in language appropriate for sharing with your students.*

1. Name some actions that show you're being sensitive to people's feelings.
2. How does it make you feel when people show they understand what you're going through? How does it feel to help someone by showing compassion?
3. Why is it important for people to empathize with others?



## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Acts of Kindness

#### Objectives:

Students will:

- Identify actions that show empathy
- Discover ways to empathize with others during conflict

#### Materials:

- TV or computer with Internet access
- "Acts of Kindness" handout
- Pen or pencil

#### Time:

1 hour (at home)

#### Activity:

Showing empathy toward others can be tough to do, especially when you're experiencing strong emotions yourself. Read the KidsHealth.org articles to learn about actions that show empathy and those that don't. Next, watch a 30-minute, age-appropriate TV show and use the handout to examine the ways characters on the show are sensitive to other people and ways that they aren't. Once you've completed the chart, pick one situation from the TV episode and determine how the characters might have acted more empathetically. Rewrite the scene with these revisions.

#### Extension:

[Note to instructor: Ask for volunteers or choose students to role-play these situations:

- You get into an argument with a friend because she wants to borrow your phone charger — for the fifth time this week! Role-play the scenario in which you handle the situation with empathy rather than with anger.
- Your brother is having a bad day and is yelling at you and everyone else in your house. Role-play a scenario in which you show empathy toward your brother instead of yelling back.
- Your friend invites you to swim in her pool, but not your other friend, who is standing right with you. Role-play a scenario in which you show empathy toward your friend who wasn't invited to go swimming.



## Compassion is in Fashion!

### Objectives:

Students will:

- Recognize ways to show empathy
- Promote empathy among their classmates

### Materials:

- Art supplies (constructions colored pencils, markers) or computer graphics software and paper

### Class Time:

45 minutes

### Activity:

Life can be so hectic that we may not always take the time to try to be sensitive to other people's feelings and experiences. To help remind students throughout school about trying to be empathetic, we're going to create PSA messages to share on social media and print to post around the school. First, come up with a catchy, memorable phrase or sentence that serves as a friendly reminder to be empathetic and sensitive to other people's feelings and experiences. Then create or download images that illustrate or complement your message.

### Extensions:

1. Think about ways you can be kind to others and show empathy to your family members, relatives, friends, and neighbors. Keep an empathy journal for one month to briefly write about the things you do for people and how it makes you feel.
2. Write a thank-you letter to someone who has shown compassion to you. Describe how you felt and why his or her kindness was so important to you.

## Reproducible Materials

### Handout: Acts of Kindness

[KidsHealth.org/classroom/6to8/personal/growing/empathy\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/personal/growing/empathy_handout1.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Acts of Kindness

Instructions: Choose a 30-minute, age-appropriate TV show that you enjoy and use the chart to write about how the characters show empathy toward each other. Which actions show empathy and compassion? Which ones don't? After you complete the chart, pick one scene and decide how the characters could have shown more empathy. Rewrite the scene with your revisions in the spaces at the bottom.

Actions That Show Empathy	Actions That Don't Show Empathy




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