

EMPATHY: HOW ARE THEY FEELING?

Making the world kinder means trying to understand how other people are feeling. Imagine how someone might feel in the situations mentioned below.



HOW MIGHT THEY BE FEELING?

1. Your friend is made fun of by a classmate for the type of music they like to listen to.

2. Your classmate writes a poem and reads it out loud. Everyone tells them how brilliant it is.

3. Your teacher is leading a lesson, and someone starts talking loudly to their friend.

4. Your friend doesn't have a snack, so you share yours with them.

5. Your family member has painted a picture, and another family member tells them it's not very good.

6. You make a card for your teacher, thanking them for all of their hard work and support this year.

7. Your classmate is waiting in line to get lunch and someone pushes in front of them.

8. Your family member is making a big meal for a special occasion, and you offer to help them.

Empathy means being able to understand and share someone else's feelings, even when you're not experiencing the same things that they are.

the
KINDNESS
challenge



childline

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