

This book is about how a simple act of kindness can brighten up someone else’s day by showing we care.

CORE SKILL OBJECTIVES

INTENTIONAL TEACHING PRACTICES

RELATE



Children will:

- ◆ With adult support, describe book characters’ feelings

Teachers will:

- ◆ Narrate empathy

TEACHING TIP

Showing empathy means imagining how someone else is feeling *and* responding with care or kindness. Because young children are beginning to notice human diversity and understand that other people have feelings that are different than their own, they need lots of opportunities to identify how others feel and consider ways to care for them; especially people who look, sound, or live differently than them. Sharing books that feature empathetic characters is an effective way to support children as they develop empathy. As you read, help children recognize characters’ feelings and point out how the other characters respond with care and kindness. The more children observe empathetic acts, the more likely they will be to model these behaviors in their classroom and community.

1. INTRODUCE

- ◆ “This book is called *Hooray for Hat!* Can you say ‘hooray?’ Hooray! We say hooray when we feel happy and excited. I wonder why these animals feel happy about their hats! Let’s read to find out.”

2. READ THE BOOK

- ◆ Pause occasionally to narrate characters’ feelings and how the others show kindness.
- ◆ Narrate acts of kindness and point out how empathy helps each character feel better.

Narrate Empathy



Read: “Let’s show Turtle!”

Narrate: “At first Zebra felt grumpy. Then Elephant shared a hat. And now Zebra feels happy! Elephant was kind and helped Zebra feel better.”

Read: “But Turtle would not come out of his shell. ‘Go away! I’m grumpy!’”

Narrate: “Turtle feels grumpy. Can you show your grumpy face? I wonder how his friends can help him feel better.”

Read: “Let’s show Owl!”

Narrate: “Elephant saw that his friend was grumpy. He was kind and shared a hat. Now Turtle feels happy.”

Read: “And soon...”

Narrate: “Elephant was kind and shared hats with his grumpy friends. And that helped them feel better. Now here’s giraffe who still feels sad.”

Ask: “What can his friends do to help him feel better? What do you think is in the box?”

3. REVIEW

- ◆ “The animals gave their friend Giraffe all the hats and that helped Giraffe feel better! Look at everyone – they’re all smiling and happy now. Friends can help each other feel better.”

4. KEEP IT GOING

- ◆ Throughout the day, focus children’s attention on the feelings and needs of others, especially when there’s a direct link between their actions and another child’s feelings. For example, if a child is upset because another took a toy away, ask, “How do you think your friend feels when you take that toy from them? They’re crying. It looks like they feel sad.” Then, prompt them to show acts of kindness or care by saying, “Let’s see how we can help them feel better.”