


Empathy

This book shares ways to show care and kindness to others.

CORE SKILL OBJECTIVES	INTENTIONAL TEACHING PRACTICES	
	Children will:	Teachers will:
RELATE 	<ul style="list-style-type: none"> ◆ With adult support, describe book characters' feelings 	<ul style="list-style-type: none"> ◆ Narrate empathy

TEACHING TIP

The skills needed to understand emotions, take others' perspectives, and respond with care typically begin to emerge during toddlerhood. And just like other developmental skills, empathy is developed through exposure and practice. As you read, help children recognize characters' feelings and point out how others 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 *Finding Kindness*. Kindness means showing someone you care about them. This book shares ways we can show kindness to others in our classroom, at home, and in our communities. Let's read it together!"

2. READ THE BOOK

- ◆ Pause occasionally to narrate acts of kindness and point out how empathy helps others feel happy and loved.

Narrate Empathy		
<p>Read: "...or a ladder, a truck, and a tree."</p> <p>Narrate: "This firefighter is showing kindness. He saw that the little girl felt upset or sad because her cat was stuck in the tree. He climbed the ladder to bring the cat down and now the little girl feels happy."</p>	<p>Read: "...or forgiving a friend who got mad."</p> <p>Ask: (point to crying boy) "How does this boy feel? Who is showing kindness? How are they showing kindness?"</p> <p>Narrate: "The boy is crying, and he feels upset. This man is showing kindness. He noticed that the boy was crying so he patted his back to help him feel better. Sitting with friends or giving gentle pats and hugs is a way to show kindness."</p>	<p>Read: "...or a scoop if one happens to fall."</p> <p>Narrate: "This friend feels sick (point). And this friend feels hurt because she fell. But I see others showing kindness."</p> <p>Ask: "How can we show kindness to our friends when they are sick? Or when they're hurt? How would our kindness make them feel?"</p>

3. REVIEW

- ◆ "We can show kindness anytime, but especially when our friends are sick or hurt or sad. Our kindness can help others feel happy and loved."

4. KEEP IT GOING

- ◆ When appropriate, focus children's attention on how others may be feeling, especially when they are upset or hurt. Encourage them to consider ways to provide support through acts of caring or kindness. For example, if a child is sad, say, "Our friend fell down. They're crying. It looks like they feel sad." Then, prompt children to show empathy by saying, "Let's see how we can help them feel better. Maybe a pat on the back or a hug will help."