

# My Empathy Tree

WRITTEN

To teach students empathy by encouraging them to think about how others feel and how they can help support them in times of need.



## Learning Intentions

**I can recognise and understand how others feel:**

This helps students develop empathy by thinking about how others might feel in different situations.

**I can express my feelings and actions creatively:**

This encourages students to communicate their empathy through writing and drawing, fostering self-expression.

**I can reflect on how my actions help others feel better:**

This helps students recognise the positive impact of their actions on others and the importance of supporting those around them.



## Success Criteria

**I can recall a time when I helped someone feel better:**

This ensures that students are actively reflecting on their experiences and recognising their role in supporting others.

**I can express how I helped through writing or drawing:**

This encourages creative thinking and helps students articulate their empathy through visual and written expression.

**I can reflect on how my actions made both me and the other person feel:**

This helps students understand the emotional benefits of empathy, both for themselves and others.



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## Objective:

To teach students empathy by encouraging them to think about how others feel and how they can help support them in times of need.

## Players:

Perfect for small groups, classrooms, or individual reflection.



## Materials:

- Paper
- Crayons, markers, or pens

## Setup:

Provide each child with a piece of paper and access to markers or crayons. If using journals, students can write or draw in their own empathy journal.

## Activity:

### 1. Reflect on a Time You Helped Someone:

Ask the students to think about a time when they helped someone feel better. It could be a friend, family member, or even a pet. Have them write about or draw the situation and how they helped.

### 2. Express How You Felt When You Helped:

After writing or drawing, ask the students to reflect on how they felt when they helped the other person. Encourage them to write or draw their feelings in response to the situation. A great idea here is to potentially use emoji's to help the students identify and display what feelings they had.

### 3. Think About How the Other Person Felt:

4. Ask the students to consider how the person they helped felt. How do they think their actions made that person feel better? Have them write or draw the other person's possible feelings.

### Reflection Prompt:

- How did you feel when you helped?
- How do you think the other person felt?
- Why is it important to help others when they are feeling down?



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## Winning the Game:

There is no winner in this activity. The goal is to reflect on empathetic actions and recognise the importance of helping others.

## Family or Classroom Variation:

In a group setting, students can share their empathy stories with each other. This promotes understanding, deepens connections, and helps students learn different ways of supporting others.

## Additional Notes:

My Empathy Tree encourages students to think beyond themselves and develop a deeper understanding of the feelings and needs of others. By reflecting on how their actions help those around them, students not only build empathy but also strengthen their social and emotional skills. This activity fosters a caring community where kindness and support are valued and practised regularly.

