

## Empathy

### Lesson Title: I Feel...

**Grade:** K-3

**Risk:** Low

#### **Materials:**

- Art supplies (colored pencils, markers, crayons)
- "I Feel ..." handout
  - [http://kidshealth.org/classroom/prekto2/personal/growing/empathy\\_handout1.pdf](http://kidshealth.org/classroom/prekto2/personal/growing/empathy_handout1.pdf)

#### **Objective(s):**

- *Identify different feelings Identify and describe the nonverbal ways (body language) people show their feelings*

#### **Procedure:**

- People feel all kinds of different feelings: happy, sad, excited, nervous, scared, angry, lonely, confused, uncomfortable, surprised, shy, embarrassed, loved, and proud. Sometimes people talk about how they're feeling, and other times they might not say anything, but their faces and bodies and movements may show how they feel.
- Stand up, and make sure you have enough room to move without bumping into a classmate. I'll turn off the lights and say, "Show how you look and how you move when you're happy." As soon as the lights go on, make a face that shows how you feel when you're happy and move around in a happy way – without talking. When the lights go off, freeze. I'll name another feeling and then turn on the lights again. Show your feeling through your facial expressions and your movements. After a few minutes, stop and talk about how you look and move for different feelings. How do you look and move when you're sad? When you're excited? When you're feeling shy?
- Now think about what happens that makes you feel certain feelings. Write down your thoughts on the "I Feel ..." handout. Share what you write with the class.

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### Extension Activity

1. Colors sometimes seem to match feelings. Which colors do you think seem happy? Sad? Angry? Excited? Do any colors overlap? Choose three colors and create a picture that shows how you feel.
2. How closely can you pay attention to someone's body language? Pair up with a partner. Decide who will be the leader and who will be the follower. The leader begins by making an expression (smile, frown) slowly enough so that the follower can "mirror" him or her. Leaders, don't try to trick the followers – you want them to follow you. Followers, pay close attention to how the leaders move. What are their eyes doing? Their mouths? Their hands? Change roles and start over.