High Five Friday

High Five Journal

Showing Empathy

To become aware of others it helps for us to have something called empathy. Having empathy means you are able to understand how someone else is thinking or feeling. Some people say that empathy is like ‘putting yourself in their shoes‘ and trying your best to imagine what they might be going through. When you have an idea of how someone is feeling, you have a better chance of knowing what to do or say to try to help him or her feel better.

How to have empathy…

Look…"How do you feel?"

Think…"Are you okay?"

Ask…"Can I help you?", "How would I feel if that was me?", How does the person look like they are feeling?

Can you think of a time when you showed empathy to someone else?

Sometimes we feel we are unfairly left out of things, but sometimes all it takes is a little change in something we say or do, to change the way others see us.

When you have read The Rainbow Fish, why not get creative and make your own Rainbow Fish art pieces.

Questions for Whole-Class Discussion:

Why didn't the Rainbow Fish want to give away any of his scales? Do you think the octopus gave good advice?

Have you ever felt left out like the Rainbow Fish? What did you do about it?

Why did the Rainbow Fish feel happier when he started giving his scales away?

What do you think the other fish said when the little blue fish told them what had happened?

When you have read The Rainbow Fish, why not get creative and make your own Rainbow Fish art pieces.