



Helping You Helps Me Too (🧠 A Social Health Story)
(2nd Grade – 7-8 yrs.)
Game: Empathy or Not Empathy?
Group Activity



STORY CONNECTION: SLIDE 9 (APPROX TIME: 15-20 MINS)

When you see someone, and you **know** that there is something wrong and they need help, this means that your brain is developed enough to understand this. The ability to understand when someone needs help is called **empathy**. If someone is struggling to carry a heavy box and another child sees this and understands that they are struggling, he has empathy because he understands that the child carrying the box needs help. If someone looks sad. Their eyes are closed, they have a frown, their arms are crossed, and they are all hunched over. Another child sees this and understands the child is sad. She has empathy because she understands that the other is sad and she is trying to cheer her up.

Materials needed:

- Situation cards (included below)
- Timer
- Equipment to display cards (projection/document camera)

Preparation needed:

- Have situation cards ready to read/display for students (Suggestion: project them)
- Determine teams for the game

Instructions:

1. In this activity, students will play a team game to practice empathy.
2. Before playing the game, it is important to have a brief discussion to remind students to put themselves in the person's place when deciding on their empathetic responses. Use the following language to constantly bring them back to putting themselves in someone else's shoes:
 - Ask yourself if you would like it if someone said that to you.
 - Imagine how they feel right now.
 - People like you more and are nicer to you when you treat them well.
 - Remember the Golden Rule: Treat others how you want to be treated.
 - Do you want to be part of the solution or the problem?
 - What would you want someone to do or say if you were in a tough situation?
 - It is a good idea to help those in trouble if it is safe.

****Suggestion: Display these statements above to help students during the game. ****

3. Let students know they will play the game in teams. Each team will have a turn. The game host (you) will read a situation (that is displayed on the board). The students should listen very carefully. After they hear the situation, they will have 15 seconds to discuss whether the situation shows empathy. When the timer goes off, they will provide their team answer. If they get it correct, they earn a point. If the situation does not show empathy, they will have 30 seconds to change the situation so that it does show empathy. They can earn an extra point! Team 2 will also be asked to share an idea. They could earn a point too!

For example: "If the scenario is: Someone drops their books in the hallway and a boy walking by laughs and kicks the books away." My team would talk about how that boy is being mean. He is laughing at someone who needs help and making getting the books even harder. This is NOT showing empathy. My team would earn one point. Then, we would discuss how empathy could be shown. Instead of laughing and kicking the books, the boy could ask if they are okay and help them gather the books from the floor. My team would earn another point."

***NOTE: none of the situations show empathy! That is part of the game. DO NOT tell the students this. If they correctly state that it does NOT show empathy, they get a point. ***

4. Ask students if they have any questions or need any clarification. Clear up any misunderstandings.
5. Divide the students into two teams. Team 1 will go first.
6. Read the situation. Display it on the board. Start the timer.
7. Team 1 will have 15 seconds to discuss the situation and decide if the situation demonstrated empathy or not.
8. Team 1 will have 30 seconds to come up with their ideas. When time is called, they will share their ideas and you will decide if the additional point is earned.
9. Before moving on to Team 2, ask them if they have anything to add to Team 1's response before presenting a new situation. They can also earn a point for additional ideas. This keeps everyone engaged even when it is not their turn.
10. Proceed with Team 2's situation and continue the game using the situations provided below or your own.
11. In closing, remind students that empathy is the ability to share and understand the feelings of others. When they show empathy, they can put themselves in the other person's situation and know and understand that they need help. Showing empathy is good for their brain health.

Game Idea Credit: <https://www.youtube.com/watch?v=cObsOhaegfk>

You are on the playground and you see someone crying because they fell and skinned their knee really badly.



You laugh and say stop being such a crybaby! What's wrong with you?

Is this showing EMPATHY?

You are sitting in class and you notice one of your friends is really frustrated while working on an assignment.



You call them dumb and tell them they are not very smart.

Is this showing EMPATHY?

As you are walking to class one morning, you see someone who is smiling and looks really happy.



You ask what is wrong with them and why they are being so weird.

Is this showing EMPATHY?

You are in the cafeteria and you see someone sitting alone who looks really upset because something bad has happened.



You walk up to them and tell them that they should stop complaining because no one cares.

Is this showing EMPATHY?

You are playing outside after school and you notice a big kid in the neighborhood picking on a younger kid.



You laugh and say ha-ha, now you're really gonna get it!

Is this showing EMPATHY?

You are playing a soccer game and one of your teammates accidentally kicks the ball into the wrong goal.



You scream and yell and tell them how dumb they are for causing the team to lose.

Is this showing EMPATHY?

Image Credits:

Injured Boy: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRPY6B1W9Bot1zzWVOgGG7O3KZCS-UV17qPpUJfgM0aWMe-tQRM&s>

Frustrated Student: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRkROEU2vQk9MGNbbNVdeLVUWKmMddrwEazkZLIPOP4MYVks8Y&s>

Happy Girl with Backpack: <https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQmU2nYe4pStVBbCctDlx3Dbokou9veEqOrHS9GggaW7hRGZA5a1oYB5A&s>

Kid Upset at Lunch:

https://www.google.com/imgres?imgurl=https%3A%2F%2Fthumbs.dreamstime.com%2Fb%2Fboy-bored-food-child-eating-boring-cute-little-78564708.jpg&imgrefurl=https%3A%2F%2Fwww.dreamstime.com%2Fillustration%2Feating-kid-sad.html&tbnid=IQrcVQzdxZOBEM&vet=12ahUKEwju6qL-g7_5AhUE81MKHYDIAzIQMygAegUIARC2AQ..i&docid=2ah4SAEyOVqYiM&w=800&h=800&q=sad%20kid%20alone%20eating%20cartoon&safe=active&ved=2ahUKEwju6qL-g7_5AhUE81MKHYDIAzIQMygAegUIARC2AQ

Bully: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQyzUcm1SYG6V_Lr7fY5JHxyf0hOfs6Du9Nr4aV5JlesPAEx4U&s

Soccer Player: https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcR8fbDNlbcu2a1gw4-n_V_djQfaWUUBMRuOSoEIQehVR_2rRSi8&s