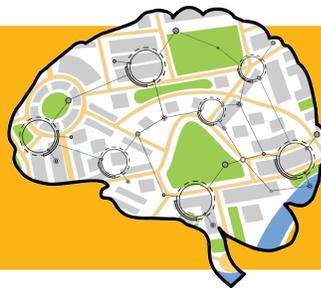


Empathy Skills Activity Guide Grade 3-5



Know Your Neuro

Quiz Questions

1) What are the two types of empathy discussed in the video?

- A. Acting and Feeling
- B. Thinking and Feeling**
- C. Acting and Thinking
- D. Acting and Doing

2) Feeling empathy happens when we:

- A. Can feel what someone else is feeling.**
- B. Can imagine what someone else is thinking.
- C. Cannot understand what others think and feel.
- D. Judge others for what they think and feel.

3) Thinking empathy happens when we:

- A. Can feel what someone else is feeling.
- B. Can imagine what someone else is thinking.**
- C. Cannot understand what others think and feel.
- D. Judge others for what they think and feel.

4) What are the brain cells called that light up in our brain when other people are feeling or doing something?

- A. Smiling neurons
- B. Sad neurons
- C. Glass neurons
- D. Mirror neurons**

5) Why do we have mirror neurons?

- A. To learn why people do things
- B. To learn how people do things
- C. To learn how people feel
- D. All of the above**

6) What are some of the benefits of building empathy skills?

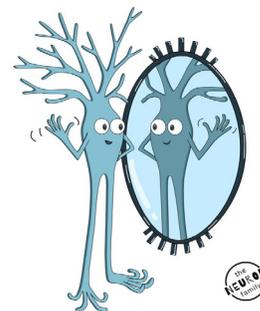
- A. Less depression and less friends
- B. Less depression and more friends**
- C. Less social bonding
- D. More loneliness and less connection

7) What are Brené Brown's four steps to building empathy?

- A. Put self in others' shoes then judge them
- B. Put self in others' shoes, listen, recognize their emotions, and communicate their feelings**
- C. Ignore their feelings and interrupt them
- D. Communicate your judgment about them

8) In order to build empathy skills, contact theory says we should:

- A. Stay home and isolate or be alone
- B. Meet new people, do more things, make less connections
- C. Meet new people, do more things, make more connections**
- D. Contact people only through technology



Mirror Neuron

Activities

How Would You...Activity #1

In pairs, have students ask each other the following questions and compare answers:

- How do you feel when someone tries to bully you?
- What feelings do you have when someone tries to hug you?
- How do you feel when you lose something or someone you love?
- What do you feel when you are sitting alone at lunch?
- How do you feel when someone teases you about the way you look?
- What feelings come up for you when someone tells you they love you?

Perspective Taking Activity #2

Read a book out loud and ask students to imagine how the characters feel in different scenes. Then, ask students to image what each character might be thinking in different scenes. Use a feeling chart if students need help identifying feelings. Ask students to imagine how they would communicate empathy to each character in different scenes.

Praise students for:

- Their ability to put themselves in the characters' shoes and imagine what they are feeling and/or thinking.
- Practicing communicating empathy.

Communication Activity #3

In a group or share pairs, ask students to tell a story about something that happened to them. Set a timer for 5-10 minutes for story-telling. Then, ask the listener the following questions:

- 1) What happened to the student?
- 2) What did they feel when that happened to them?
- 3) What did they think when that happened to them?
- 4) What were they feeling when they were telling their story?
- 5) How could you communicate empathy to them about what happened to them?