Empathy activities

Seven small ways to practice noticing how someone feels. Cut out the cards and pick one a day.

Watch, don't guess

Ages 3+

Act out a need without words: yawn, shiver, look for something. "What do I need?" Then swap.

Feelings detective

Ages 2+

Stop on a page in a story. "What is she feeling? Look at her face. How can you tell?"

Make a face

Ages 2 to 5

Make a happy or sad face and let them guess. Then their turn. Try it in a mirror too.

Pendant colors

Ages 3 to 8

"If he had a pendant right now, what color would it be?" Gold, blue, red, pink…

Spot the helper

Ages 4 to 8

After a story: "Who noticed how someone felt? What did they do?"

Say what you notice

Any age

"Grandpa looks tired. I think I'll bring him some water." Say your noticing out loud.

One small kind thing

Ages 5 to 8

"Who might need a little kindness this week? What could we do?" Then do one thing.

Our own idea

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