



Mutt-i-grees® Curriculum Activity: Grade 6

How Would I Feel? (Empathy)

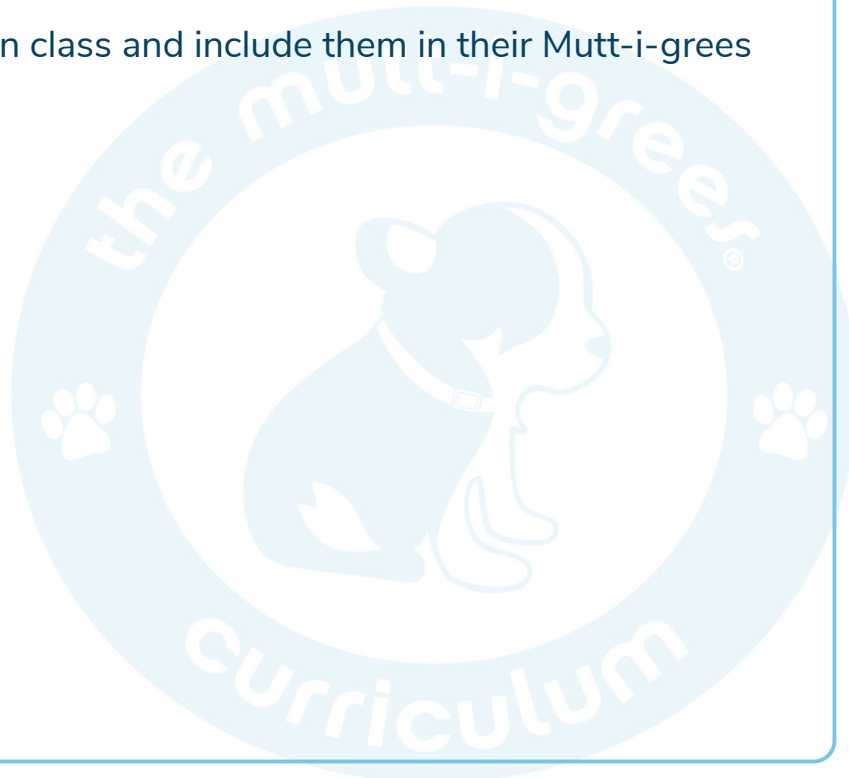


MATERIALS

- “How Would I Feel?” worksheet (see attached)
- Paper/Writing utensils

PROCEDURE

1. Introduce the word “empathy” and discuss its meaning. Empathy is a word that means understanding another person’s point of view/perspective or how the person (or animal) might be feeling. Sometimes it’s called taking another person’s perspective or putting yourself in someone else’s shoes. What do you think this means?
2. Explain that students are going to try and see if we can figure out how someone else might feel in certain situations. Hand out the “How Would I Feel?” worksheet (see attached). In each situation on the page, ask students to think about how the person described might feel—and what they could do to help.
3. Invite students to share worksheets in class and include them in their Mutt-i-grees Manuscript.



Lesson 3.2 Worksheet

HOW WOULD I FEEL

In each situation, try to figure out how the person is feeling by thinking about how you would feel

YOU'RE WAITING FOR THE BUS AND EVERYONE SEEMS TO BE PAIRED UP OR IN A GROUP, TALKING OR LAUGHING. YOU NOTICE ERIC IS ALONE, PACING IN CIRCLES, HIS HANDS IN HIS POCKETS.

I THINK ERIC IS FEELING _____

WHAT CAN I DO TO HELP? _____

SEVERAL GIRLS SEEM TO BE LAUGHING AT SARAH, WHO IS SITTING ALONE AT HER DESK AND ISN'T SAYING ANYTHING. YOU REMEMBER THAT THIS HAPPENED YESTERDAY AT LUNCH, AS WELL.

I THINK SARAH IS FEELING _____

WHAT CAN I DO TO HELP? _____

WALKING IN YOUR NEIGHBORHOOD YOU SEE A DOG WAGGING HIS TAIL, BUT NOT COMING FORWARD AND YOU NOTICE HE IS TIED TO A SHORT CHAIN WOUND AROUND A TREE.

I THINK THE DOG IS FEELING _____

WHAT CAN I DO TO HELP? _____

YOUR MOM CAME HOME FROM WORK AND IS NOT SAYING MUCH, BUT SHE LOOKS TIRED.

I THINK MY MOM IS FEELING _____

WHAT CAN I DO TO HELP? _____

