

# My Empathy Tree Levels F-3

# WRITTEN

To help students deepen their understanding of empathy by linking their actions with the emotions of others, while celebrating acts of kindness and care.



## Learning Intentions

Students aim to notice and name a range of feelings in themselves and others.

Students aim to show and explain how they help others.

Students aim to understand that their actions can change how people feel.



## Success Criteria

I can describe (or show) a time I helped someone.

I can identify and name emotions for myself and others (happy, sad, worried, calm, excited).

I can add my example to the class empathy tree and explain why it matters.



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**Duration:** 15–20 minutes

## Objective

To help students deepen their understanding of empathy by linking their actions with the emotions of others, while celebrating acts of kindness and care.

## Players

Small groups or whole class.

## Materials

- Large poster or pre-drawn tree template
- Coloured paper leaves, apples, or shapes
- Pencils or coloured pencils.
- Emotion cards/emoji faces (found in PDF resource section).
- Sticky notes or stickers

## Gameplay

### Helping Example

- The teacher asks: “Think of a time you helped someone this week—what did you do?”
- Students draw or write their example on a leaf or apple shape.

### How Did You Feel?

- Students select an emotion card (happy, proud, calm, excited) or write a feeling word.
- Use sentence starter: “I felt \_\_\_\_ when I helped.”

### How Did the Other Person Feel?

- Students consider and write/draw how the other person may have felt.
- The teacher supports discussion about different perspectives.

### Grow the Empathy Tree

- Students add their leaves/apples to the class empathy tree.
- The tree “grows” as more examples are added.

## Debrief

Prompts:

- Who did you help this week?
- How did it make you feel?
- How do you think the other person felt?
- Why is it important to notice other people’s feelings?



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## Winning the Game

No winners. The goal is to grow a class empathy tree filled with acts of kindness and feelings.

## For Wheelchair Users / Accessibility

- Provide printed leaf shapes for colouring, stickers, or stamps if cutting/drawing is tricky.
- Allow use of AAC, choice boards, or peer scribes for recording responses.
- Students can place leaves on the tree with assistance, or point to where they want it placed.

## Notes for Inclusion

- Accept both verbal and non-verbal responses.
- Scaffold with role-play, visuals, or sentence starters for students who need extra support.
- Acknowledge all contributions equally, whether written, spoken, or shown with symbols or drawings.



# EMOTIONS CARDS

PRINT AND CUT OUT THE EMOTION CARDS. STUDENTS CHOOSE A FACE TO SHOW HOW THEY FELT AND HOW THE OTHER PERSON MIGHT HAVE FELT AFTER A KIND ACTION, THEN ADD A DRAWING OR STICKER TO GROW THEIR EMPATHY TREE.



HAPPY

the spirit of  
**PLAY**



SAD

the spirit of  
**PLAY**



CARING

the spirit of  
**PLAY**



PROUD

the spirit of  
**PLAY**



# EMOTIONS CARDS



LOVED



APPRECIATED



SURPRISED



STRONG



# EMOTIONS CARDS



EXCITED



CALM



THANKFUL



TIRED

