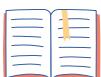


My Empathy Tree - Levels F-3

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.



My Empathy Tree – Levels F-3

WRITTEN

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?



My Empathy Tree - Levels F-3

WRITTEN

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.

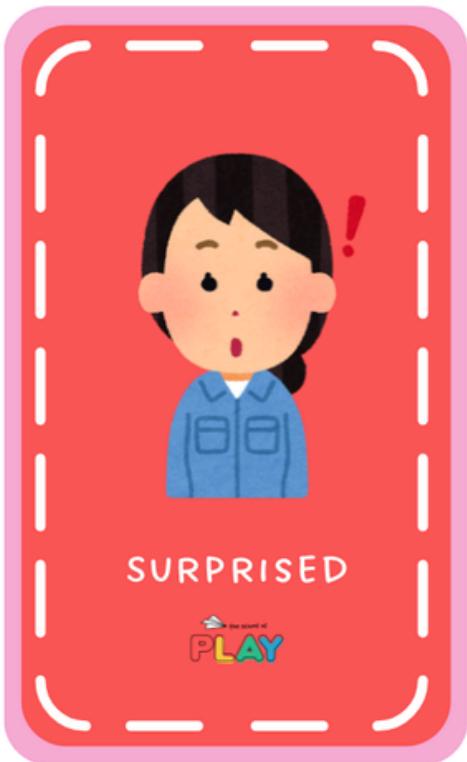
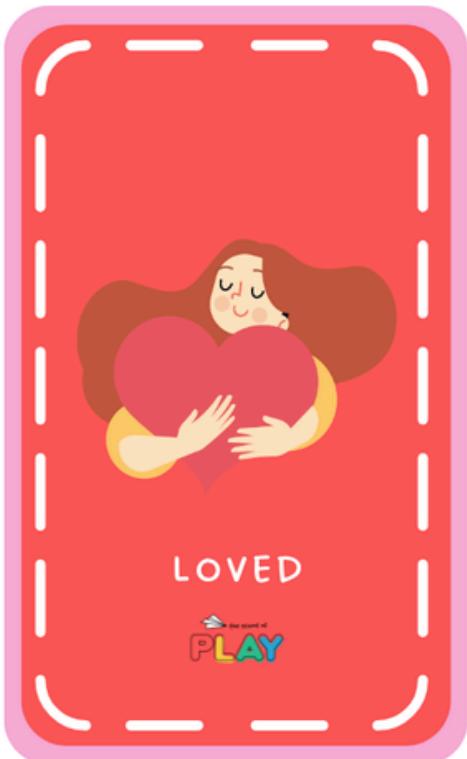


EMOTIONS CARDS

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.



EMOTIONS CARDS



EMOTIONS CARDS

