

My Empathy Tree - Levels C & D

WRITTEN

To introduce students to empathy by noticing feelings, linking actions to emotions, and celebrating simple acts of kindness.



Learning Intentions

Students aim to notice their feelings.

Students aim to demonstrate when they need help.

Students learn to understand that helping makes people feel good.



Success Criteria

I can point to or draw a picture of myself helping.

I can choose a facial expression (happy, sad, mad, worried) that matches how I feel.

I can choose a facial expression that matches how the other person felt.



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Duration: 10–15 minutes

Objective

To introduce students to empathy by noticing feelings, linking actions to emotions, and celebrating simple acts of kindness.

Players

1:1 with a teacher/assistant or small groups.

Materials

- Paper or pre-drawn tree template
- Stickers, pencils or coloured pencils.
- Emotion cards or emoji faces (found in PDF resource tab).
- AAC device or choice boards if required

Gameplay

Helping Example

- Teacher gives a prompt: “Did you share your toy?” “Did you give a friend a hug?”
- Students point, draw, or paste a sticker to show what they did.

How Did You Feel?

- Students pick an emoji card (happy, proud, calm).
- Use sentence starter: “I felt ____.”

How Did the Other Person Feel?

- Teacher prompts: “How do you think your friend felt?”
- Students match an emoji face (happy, calm, safe).

Debrief

Prompts:

- Who did you help?
- How did you feel?
- How do you think they felt?

Winning the Game

No winners. The aim is for students to grow an empathy tree with drawings or stickers on the branches.



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For Wheelchair Users / Accessibility

- Students can use AAC or choice boards.
- Teachers can provide pre-cut shapes (leaves, apples) to glue onto a class tree.
- Responses can be yes/no, pointing, or single-word answers.

Notes for Inclusion

- Allow verbal and non-verbal responses (pointing, gestures, symbols).
- Model actions and emotions clearly to support understanding.
- Celebrate all contributions equally, whether spoken, drawn, or shown with symbols.



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



EXCITED



CALM



THANKFUL



TIRED



EMOTIONS CARDS



LOVED



APPRECIATED



SURPRISED



STRONG

