

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

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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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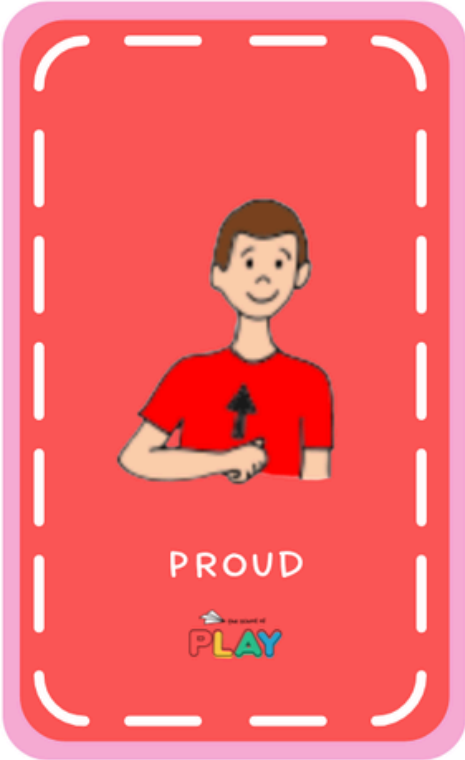
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EMOTIONS CARDS

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



LOVED



APPRECIATED



SURPRISED



STRONG



EMOTIONS CARDS



EXCITED



CALM



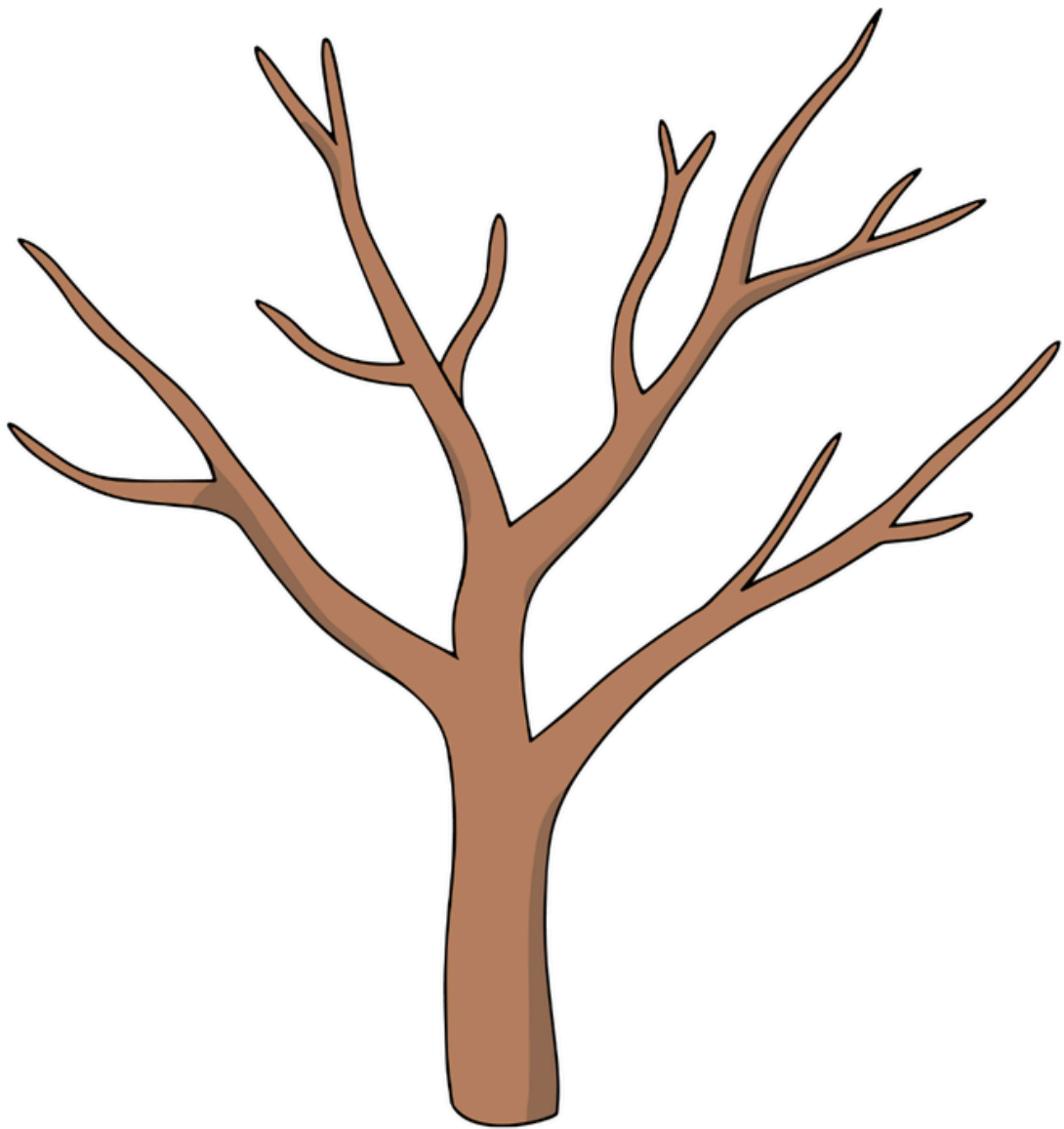
THANKFUL



TIRED



TREE OUTLINE



HELPING VISUAL CARDS



SHARING A TOY



HELPING
PICK UP



COMFORTING
A FRIEND



INVITING TO PLAY



HELPING VISUAL CARDS



HOLDING
THE DOOR



HELPING CARRY
SOMETHING



GIVING A TURN



SITTING WITH A
FRIEND

