



Activity: I am...Empathetic

Materials: Links to Assist: [The Invisible Boy](#) ; Books to Assist: [The Invisible Boy](#).

Grade Range: 3-5

Time: 20 minutes ** Consider using the hand raise/thumbs up feature of your virtual platform to assist with determining who will answer **

Synopsis: Mentors and students will discuss what it means to be 'Empathetic'. They will share examples, listen to a story about empathy, and discuss ways in which exhibiting empathy can help us in life.

Instructions:

1. Mentors will begin the lesson by asking students if they have ever heard of the word 'Empathy'. What do they think that it means? After you receive some answers, go ahead and define it for the students: the ability to understand and share the feelings of another
2. Ask students if they have any examples of a time in which they were empathetic. How did it feel? How does it feel when someone shows you empathy? Mentors, please share as well.
3. Share the above link - The Invisible Boy - with the students (or read the book out loud if you prefer!)
4. When the story is finished, talk with the students about it. Could they connect with Brian? Could they feel what he was feeling? What made them sad about the story? What made them happy?
5. Explain to students how important it is that we exhibit empathy with others. Being empathetic helps us to respond better to situations, it helps us to connect with others, it helps with our school and our work relationships and can help us to be successful.