SEL · KINDNESS AND EMPATHY · GRADES 2–5

Four Steps to Empathy

Number the four steps to empathy, notice, imagine, ask and show you care, then use them when a classmate drops a lunch tray.



Name: _____ **Date:** _____

Number the four steps to empathy from 1 to 4.

- ☐ Imagine how you would feel if it happened to you.
- ☐ Show you care with kind words or a helpful action.
- ☐ Notice the person's face, body and voice.
- ☐ Ask how they feel, then really listen.

Try it: Jonah drops his lunch tray in the cafeteria and some kids laugh.

1. I notice: _____

2. I imagine: _____

3. I ask: _____

4. I show I care: _____

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ANSWER KEY · KINDNESS AND EMPATHY · GRADES 2–5

Answer Key: Four Steps to Empathy

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Number the four steps to empathy from 1 to 4.

2 Imagine how you would feel if it happened to you.

4 Show you care with kind words or a helpful action.

1 Notice the person's face, body and voice.

3 Ask how they feel, then really listen.

Try it: Jonah drops his lunch tray in the cafeteria and some kids laugh.

1. I notice: His face is red and he is looking down.

2. I imagine: I would feel embarrassed.

3. I ask: Are you okay? Do you want help?

4. I show I care: I help him pick up and share my snack.

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