SEL · KINDNESS AND EMPATHY · GRADES K–2

Kind or Unkind?

Color the twelve kind acts and cross out the unkind ones, then draw yourself being kind.

Name: _____ **Date:** _____



Color the kind acts. Put an X on the unkind ones.

share your crayons	laugh at a mistake	hold the door
say thank you	push in line	help pick up spills
leave someone out	give a hug	call names
take turns	grab a toy	ask "Are you okay?"

Draw yourself doing something kind.

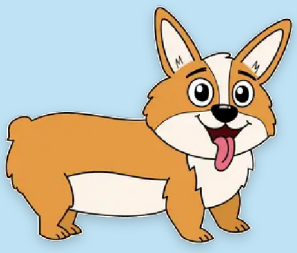
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SEL · KINDNESS AND EMPATHY · GRADES K–2

The Right Kind Words

Match each moment, like a friend falling down or a new kid at recess, to the kind words that fit.

Name: _____ **Date:** _____



Draw a line from each moment to the kind words that fit.

A friend falls down. ●	● Do you want to play with us?
Someone shares with you. ●	● Do you want to talk?
A new kid is alone. ●	● Are you okay?
Someone bumps you by accident. ●	● That's okay.
Your friend wins a race. ●	● Thank you!
Your friend looks sad. ●	● Great job!

Trace the sentence.

Kind words help.

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SEL · KINDNESS AND EMPATHY · GRADES 1–4

Kindness at Home, School and in My Community



Sort twelve kind acts by where they happen, then pick three to do this week.

Name: _____ **Date:** _____

Word bank

set the table | help a classmate read | pick up litter at the park | make my bed | clean up the classroom | donate a toy | feed the pet | include someone at recess | wave to a neighbor | hug my family | share my markers | thank a librarian

Write each kind act in the place where it happens.

At home	At school	In my community

Three kind acts I will do this week: 1. _____

2. _____

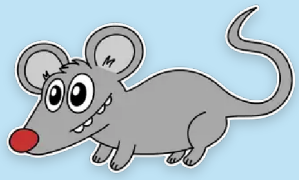
3. _____

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SEL · KINDNESS AND EMPATHY · GRADES 2–5

Spot the Clues, Show You Care

Read four short stories, find the clues that show how someone feels and write what you could say or do.



Name: _____ **Date:** _____

Read each story. Write the clues, how the person might feel, and what you could say or do.

1. Ava's eyes are wet. She is sitting alone on the bench and hugging her knees.

Clues: _____

They might feel: _____

I could say or do: _____

2. Leo crosses his arms and stomps away from the game. His face is red.

Clues: _____

They might feel: _____

I could say or do: _____

3. It is Sam's first day. He is looking all around and holding his backpack tight.

Clues: _____

They might feel: _____

I could say or do: _____

4. Maya jumps up and down and waves her spelling test with a big smile.

Clues: _____

They might feel: _____

I could say or do: _____

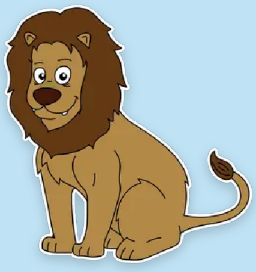
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SEL · KINDNESS AND EMPATHY · GRADES 3–5

Which Reply Shows Empathy?

Read six things friends say and circle the reply that shows you understand how they feel.

Name: _____ **Date:** _____



Empathy means trying to understand how someone else feels. An empathy reply listens, names the feeling and shows you care.

Circle the letter of the reply that shows empathy.

1. **"My dog is really sick."**

   (a) That's nothing, my cat was sicker.

   (b) That sounds scary. I hope your dog feels better.

   (c) Want to play tag?

2. **"I didn't make the soccer team."**

   (a) You must feel disappointed. You practiced a lot.

   (b) Soccer is boring anyway.

   (c) I made the team!

3. **"Nobody sat with me at lunch."**

   (a) So what?

   (b) You should get new friends.

   (c) That sounds lonely. Want to sit with me tomorrow?

4. **"I'm nervous about the spelling test."**

   (a) Lots of people feel nervous. Want to practice together?

   (b) It's easy, just don't worry.

   (c) I'm going to get 100.

5. **"My grandma is moving far away."**

   (a) At least you have other grandmas.

   (b) You will miss her a lot. You could video chat.

   (c) My grandma lives close.

6. **"I spilled paint on my art project."**

   (a) Ha! It looks funny now.

   (b) You should be more careful.

   (c) Oh no, that's frustrating. Can I help you fix it?

Art © Kevin Coulston

ANSWER KEY · KINDNESS AND EMPATHY · GRADES K–2

Answer Key: Kind or Unkind?

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



Color the kind acts. Put an X on the unkind ones.

share your crayons	~~laugh at a mistake~~	hold the door
say thank you	~~push in line~~	help pick up spills
~~leave someone out~~	give a hug	~~call names~~
take turns	~~grab a toy~~	ask “Are you okay?”

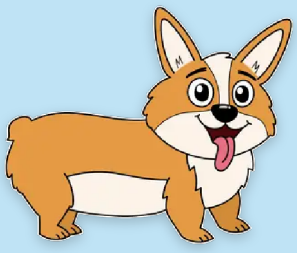
Draw yourself doing something kind.

Art © Kevin Coulston

ANSWER KEY · KINDNESS AND EMPATHY · GRADES K–2

Answer Key: The Right Kind Words

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



Draw a line from each moment to the kind words that fit.



Trace the sentence.

Kind words help.

Art © Kevin Coulston

ANSWER KEY · KINDNESS AND EMPATHY · GRADES 1–4

Answer Key: Kindness at Home, School and in My Community

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



Word bank

set the table · help a classmate read · pick up litter at the park · make my bed · clean up the classroom · donate a toy · feed the pet · include someone at recess · wave to a neighbor · hug my family · share my markers · thank a librarian

Write each kind act in the place where it happens.

At home	At school	In my community
set the table	help a classmate read	pick up litter at the park
make my bed	clean up the classroom	donate a toy
feed the pet	include someone at recess	wave to a neighbor
hug my family	share my markers	thank a librarian

Three kind acts I will do this week: 1. _____

2. _____

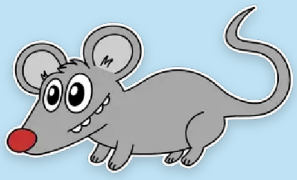
3. _____

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ANSWER KEY · KINDNESS AND EMPATHY · GRADES 2–5

Answer Key: Spot the Clues, Show You Care

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



Read each story. Write the clues, how the person might feel, and what you could say or do.

1. Ava's eyes are wet. She is sitting alone on the bench and hugging her knees.

Clues: wet eyes, alone, hugging knees

They might feel: sad or lonely

I could say or do: Sit with her and ask if she wants to talk.

2. Leo crosses his arms and stomps away from the game. His face is red.

Clues: crossed arms, stomping, red face

They might feel: angry or frustrated

I could say or do: Give him space, then ask what happened.

3. It is Sam's first day. He is looking all around and holding his backpack tight.

Clues: first day, looking around, holding tight

They might feel: nervous

I could say or do: Say hi, tell him your name and show him around.

4. Maya jumps up and down and waves her spelling test with a big smile.

Clues: jumping, waving the test, big smile

They might feel: proud or excited

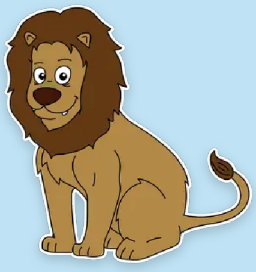
I could say or do: Say "Great job! You worked hard."

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ANSWER KEY · KINDNESS AND EMPATHY · GRADES 3–5

Answer Key: Which Reply Shows Empathy?

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



Empathy means trying to understand how someone else feels. An empathy reply listens, names the feeling and shows you care.

Circle the letter of the reply that shows empathy.

1. **"My dog is really sick."**
   - (a) That's nothing, my cat was sicker.
   - **(b) That sounds scary. I hope your dog feels better.**
   - (c) Want to play tag?

2. **"I didn't make the soccer team."**
   - **(a) You must feel disappointed. You practiced a lot.**
   - (b) Soccer is boring anyway.
   - (c) I made the team!

3. **"Nobody sat with me at lunch."**
   - (a) So what?
   - (b) You should get new friends.
   - **(c) That sounds lonely. Want to sit with me tomorrow?**

4. **"I'm nervous about the spelling test."**
   - **(a) Lots of people feel nervous. Want to practice together?**
   - (b) It's easy, just don't worry.
   - (c) I'm going to get 100.

5. **"My grandma is moving far away."**
   - (a) At least you have other grandmas.
   - **(b) You will miss her a lot. You could video chat.**
   - (c) My grandma lives close.

6. **"I spilled paint on my art project."**
   - (a) Ha! It looks funny now.
   - (b) You should be more careful.
   - **(c) Oh no, that's frustrating. Can I help you fix it?**

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