



Florida Fishing Academy Empathy 3-5

Empathy: the ability to understand and share the feelings of another being.
"Putting yourself in someone else's shoes."

Think of a time when someone in your family had something good or bad happen to them. Did it make you feel the same way? Just like we are happy for other successes we are sad for them when things don't go as planned. This is empathy. When we feel for someone else and we relate to their emotions we are feeling empathy towards them.

What does it mean to give someone a complement? How do you think people feel when they are complemented? Come up with a few examples of general complements.

Before or After Dinner have each person (kids and adults) write their name on a piece of paper. Pass the paper to your right. Write something kind and thoughtful about that person that will be shared with the group. (Optional: Allow each person to write a complement as you circle the name cards around the table- once you get yours back take turns reading the complements that you've received.)

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