



Florida Fishing Academy Empathy 6-8

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.

During these stressful times we may forget how others feel.

Before or After dinner have each person (kids and adults) write a journal about how they feel. Writing in a journal or drawing how we feel can help us express ourselves. Set a timer for 5 to 10 minutes and have each person express themselves by writing or drawing how they feel. Give time to share with each other afterward.

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