



## Florida Fishing Academy Empathy K-2

This activity will need parent assistance.

**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 others 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.

Next time you sit down as a family to watch a TV show or Movie. Consider pausing and discussing how the characters are feeling. You might consider asking yourself “How are they feeling?” “How would you feel if that happened to you?”

Take this time to consider how others feel and be empathetic towards others. Identify social cues that tell us why a person may feel a certain way.  
(Smile=Happy, Head hanging down= Sad/Overwhelmed.)

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