

Practicing Empathy

Pre-K

Arrwooooo! What's that noise?! Perhaps it's **mother wolf** howling in the night. Or, it might be **baby wolf** asking for help. See **Calling (Adolescent + Mother Wolf in Passementerie and Quartz)** by **Johanna Burke**, images on the right.

Take a close look at the baby wolf. Baby wolf is holding up his paw. He might be hurt! If you could ask this baby wolf how he is feeling, what do you think he'd say? Next look at the mother wolf. What do you think she is doing? How do you think she is feeling? It looks like she is howling. Maybe she is calling for help, or maybe she is soothing her baby with a song! This mother wolf wants to help her baby wolf feel better.

It's important to care for our family and friends. Asking someone how they are feeling is a great way to show you care. Think about a time that you were hurt or scared. How did someone, perhaps a friend or a parent, help you feel better? Recognizing our own feelings can help us understand how other people are feeling. This is called empathy! When we empathize with someone, we imagine how they are feeling. We might remember a time we felt the same way and share a story. We might take care of a friend the way we were cared for when we had the same feelings.



Let's look at **Comforting #2** by **Jon Kolkin** (image to the left). What is happening in this photograph? How is the man in the picture caring for his dog? The title of this photograph is **Comforting #2**. Have you heard the word, "comfort" before? What do you think it means? To comfort someone means to care for them and give them what they need. Comforting someone might mean giving them a hug, making them food, or giving them a warm blanket. Comforting a family member or a friend is another way to show you care about them!

Activities for students:

Read: *The Rainbow Fish* by Marcus Pfister

Invite students to think about and illustrate how the baby wolf might have hurt his paw. Next, invite them to draw the mother wolf helping her baby.

Invite students to share a story about when they helped a friend who was hurt, feeling sad, or feeling scared. Ask students to illustrate the story.

As a class, brainstorm ways to show a friend or family member you care about them. Later transfer ideas to large popsicle sticks to create a caring jar. If a student needs care in the future, invite classmates to draw a stick from the caring jar for an idea of how to help their friend.

Art Making Activity

Give a Hug

https://www.youtube.com/watch?v=slkOeFYG_es

Materials:

- Large pieces of paper, one per student
 - Marker
 - Scissors
 - Crayons, markers, paint, or other materials for decoration
1. Lay out a large sheet of paper for each student. Ask students to lay on their piece of paper with arms stretched out to each side.
 2. Trace each child's torso, outstretched arms, and head.
 3. Cut out traced students. Students might help with this step depending on scissor ability.
 4. Invite students to color or paint their "hug."
 5. Mail student hugs to a family member or friend, or hang them around the classroom for a hug at any time!