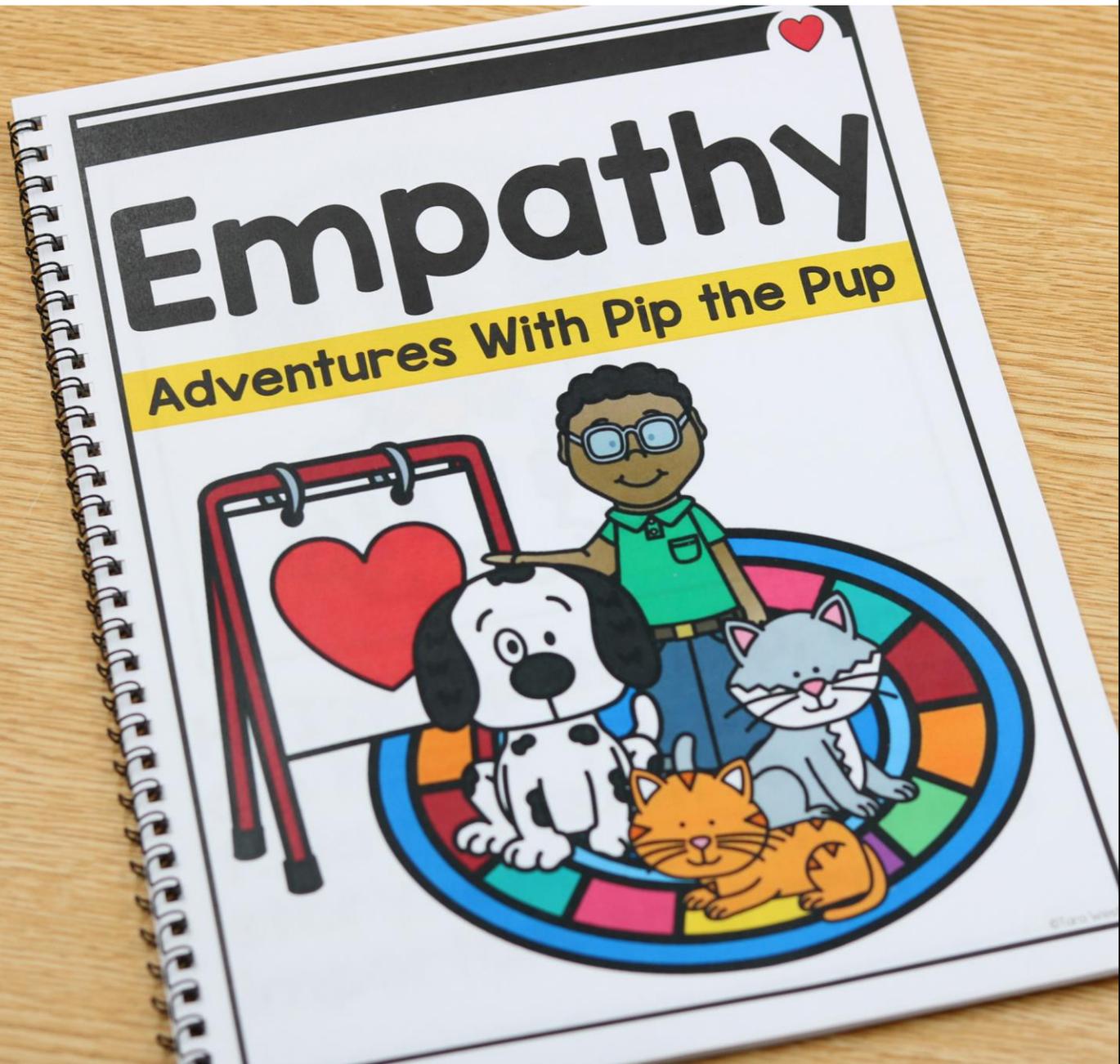


Empathy

FREE PIP THE PUP BOOK



Empathy: A Free Download

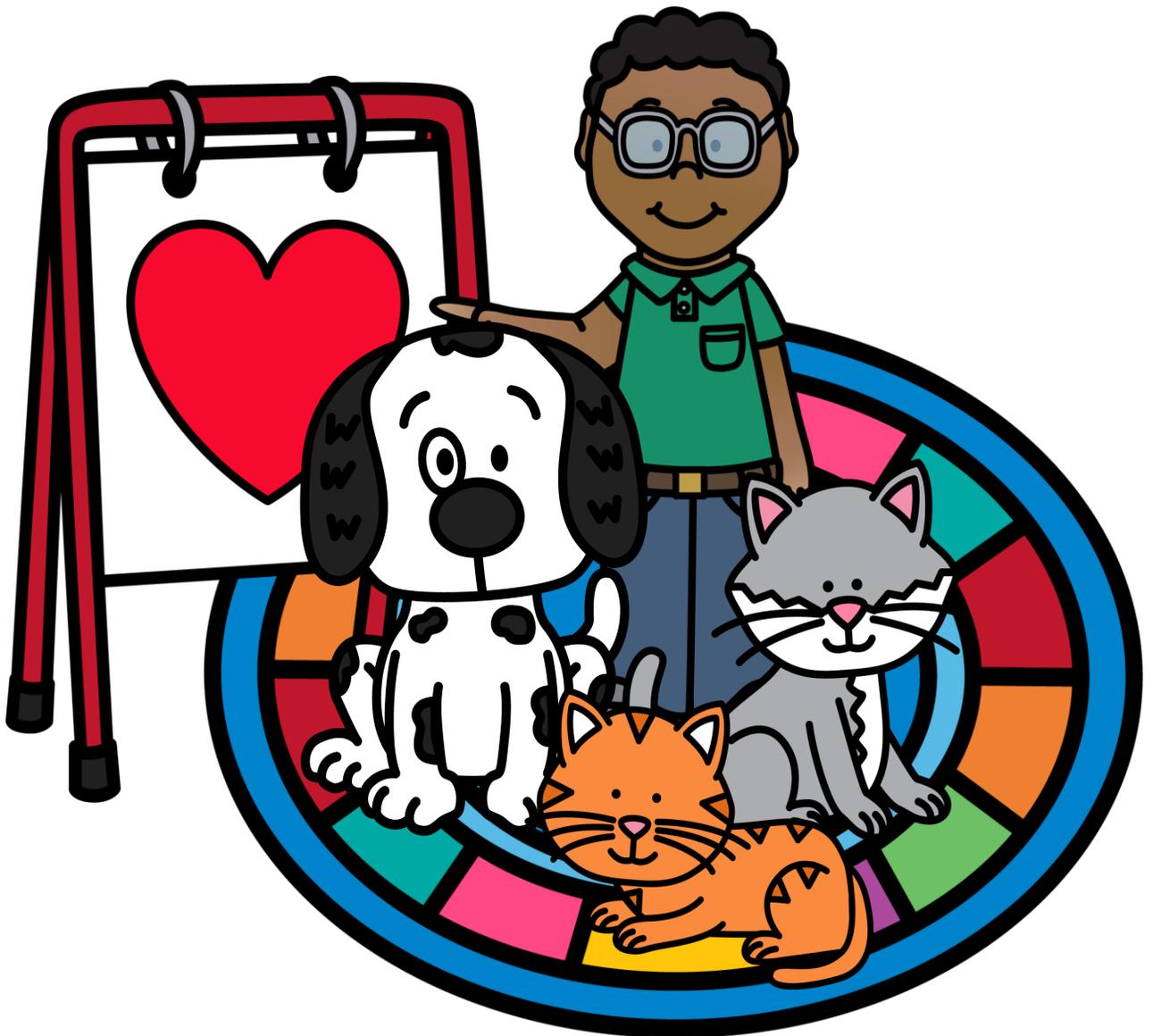
Thanks so much for showing interest in my freebie Pip the Pip book download. This book provides a fun and gentle way to teach students about empathy and being empathetic. The download includes a Pip the Book and follow-up activity. This book can be used for your whole-group instruction, character education lesson, or as you see fit within your classroom. If you have additional questions about this freebie packet you can reach out to me directly at littlemindsatworkLLC@gmail.com

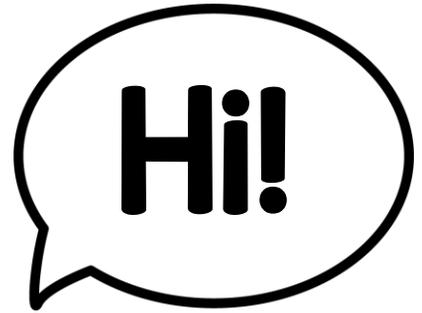




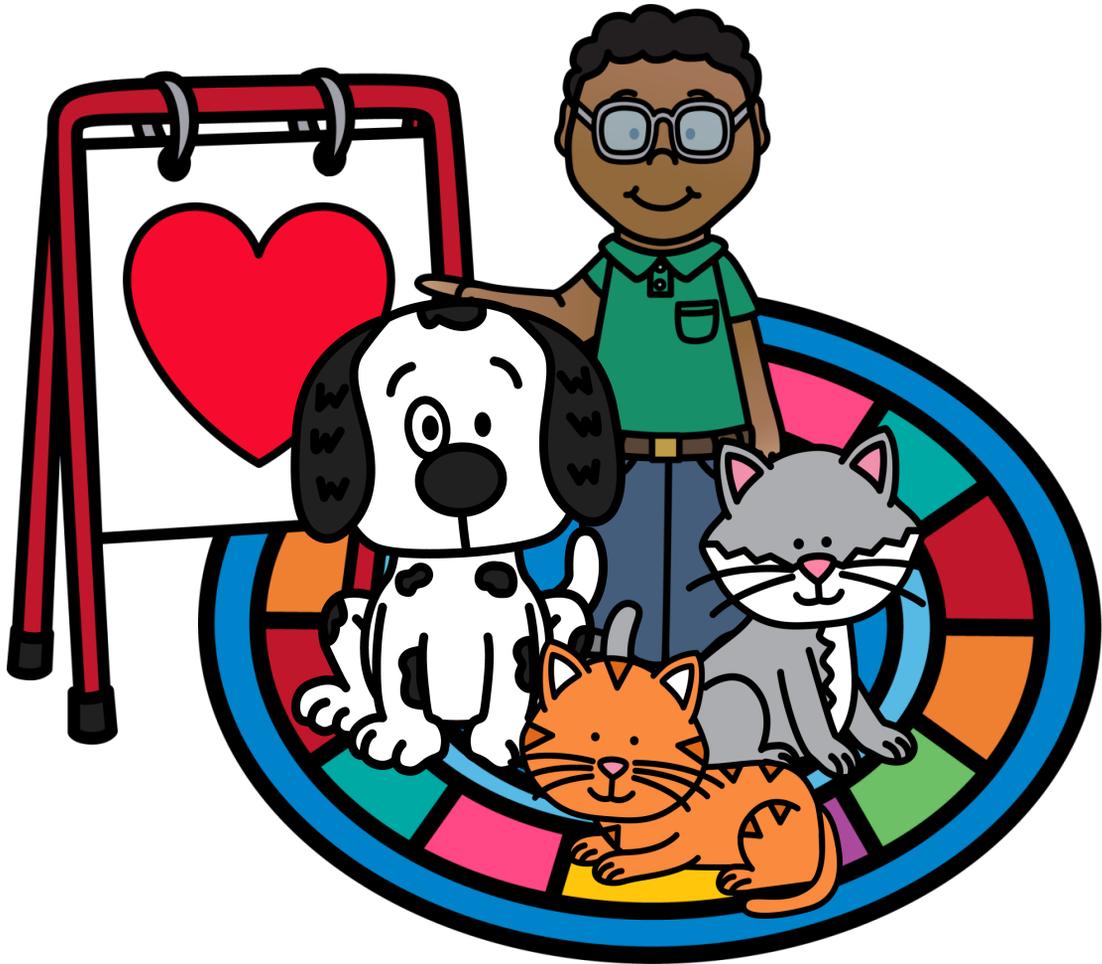
Empathy

Adventures With Pip the Pup

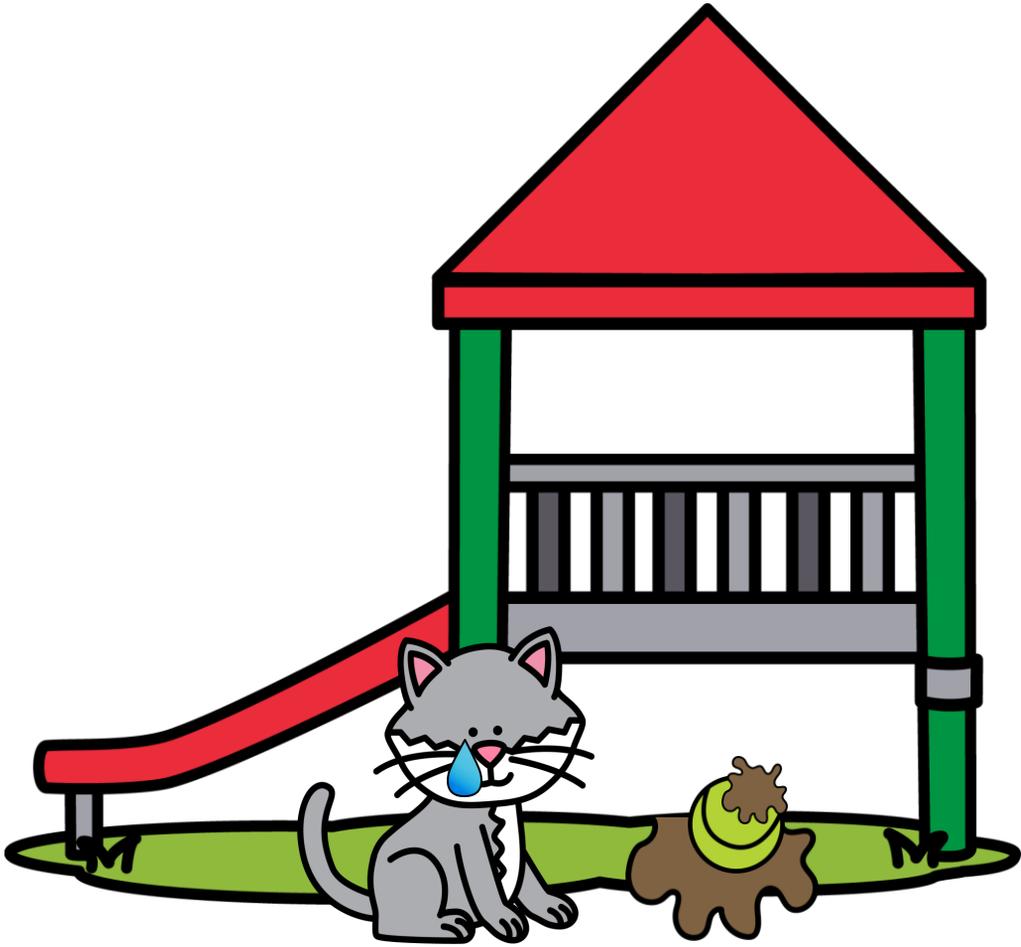




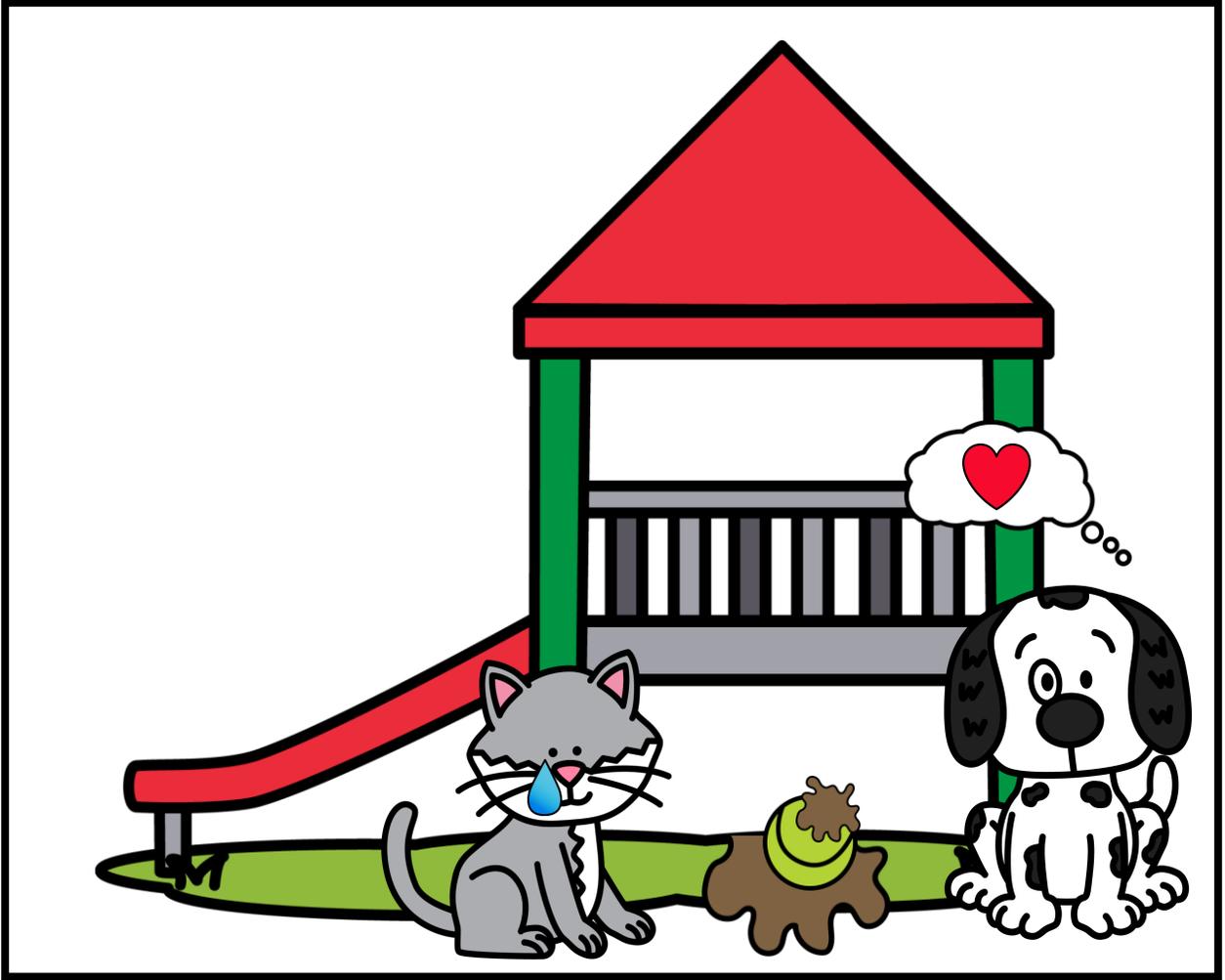
Hi! I'm Pip the Pup, and I am happy you are here today to listen to my story. I have something important to share.



What is empathy? It is understanding and sharing the feelings of someone else. We can all be empathetic to friends.



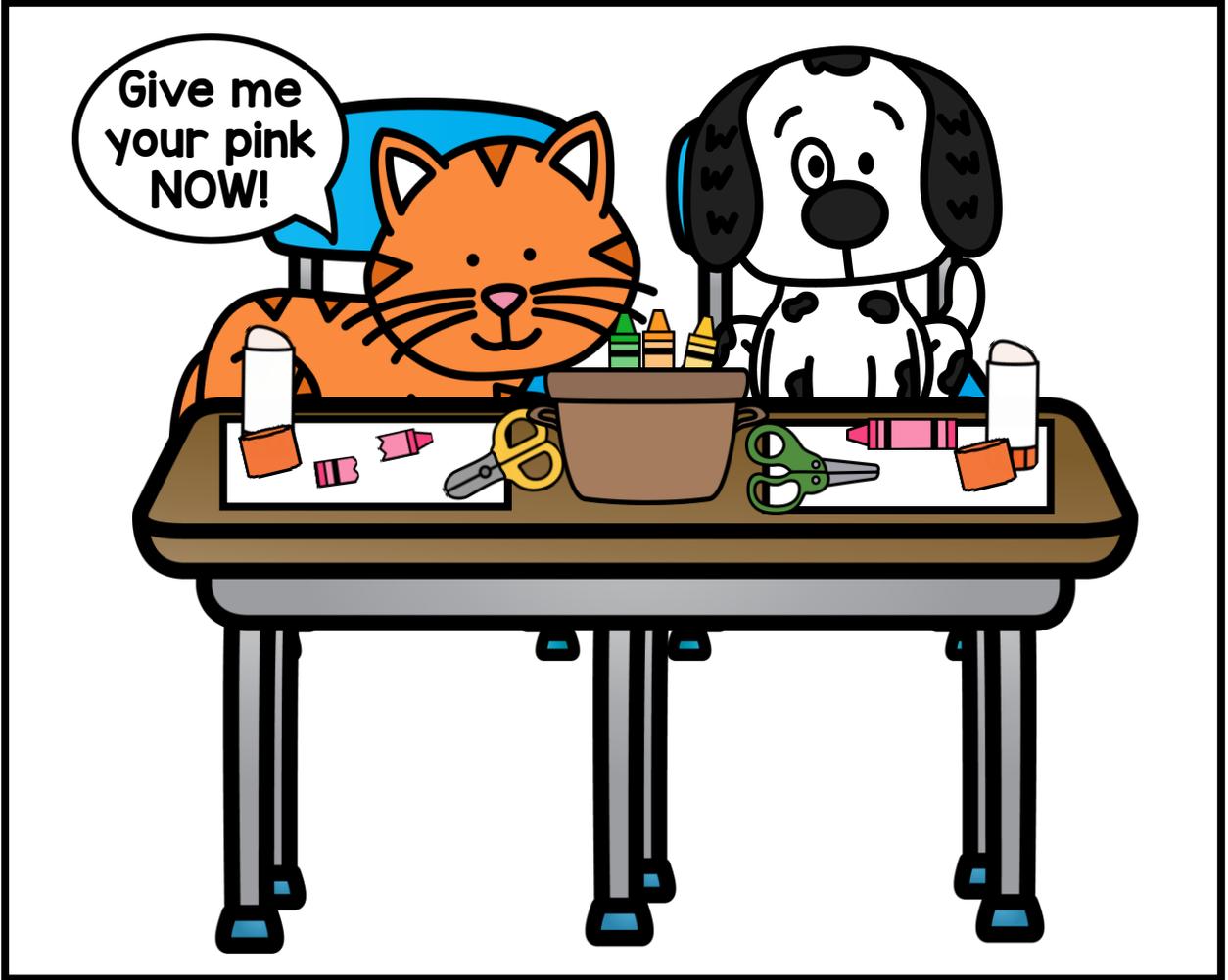
How do you know when a friend is feeling sad? When you have empathy, you see friends that are sad and relate to them.



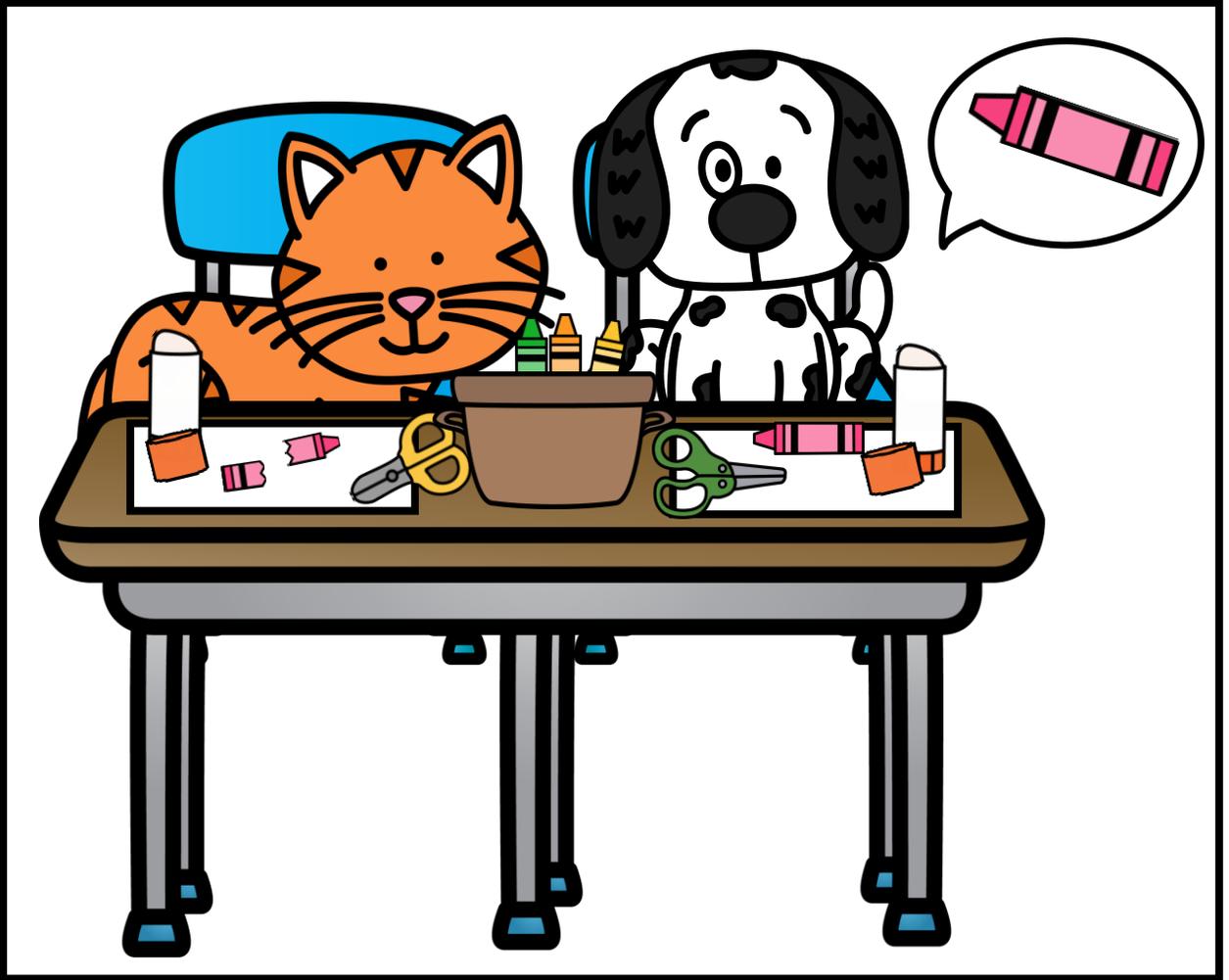
How do you feel when you see a friend that is sad? Are you happy? Do you feel sad, too? Or maybe you feel nothing.



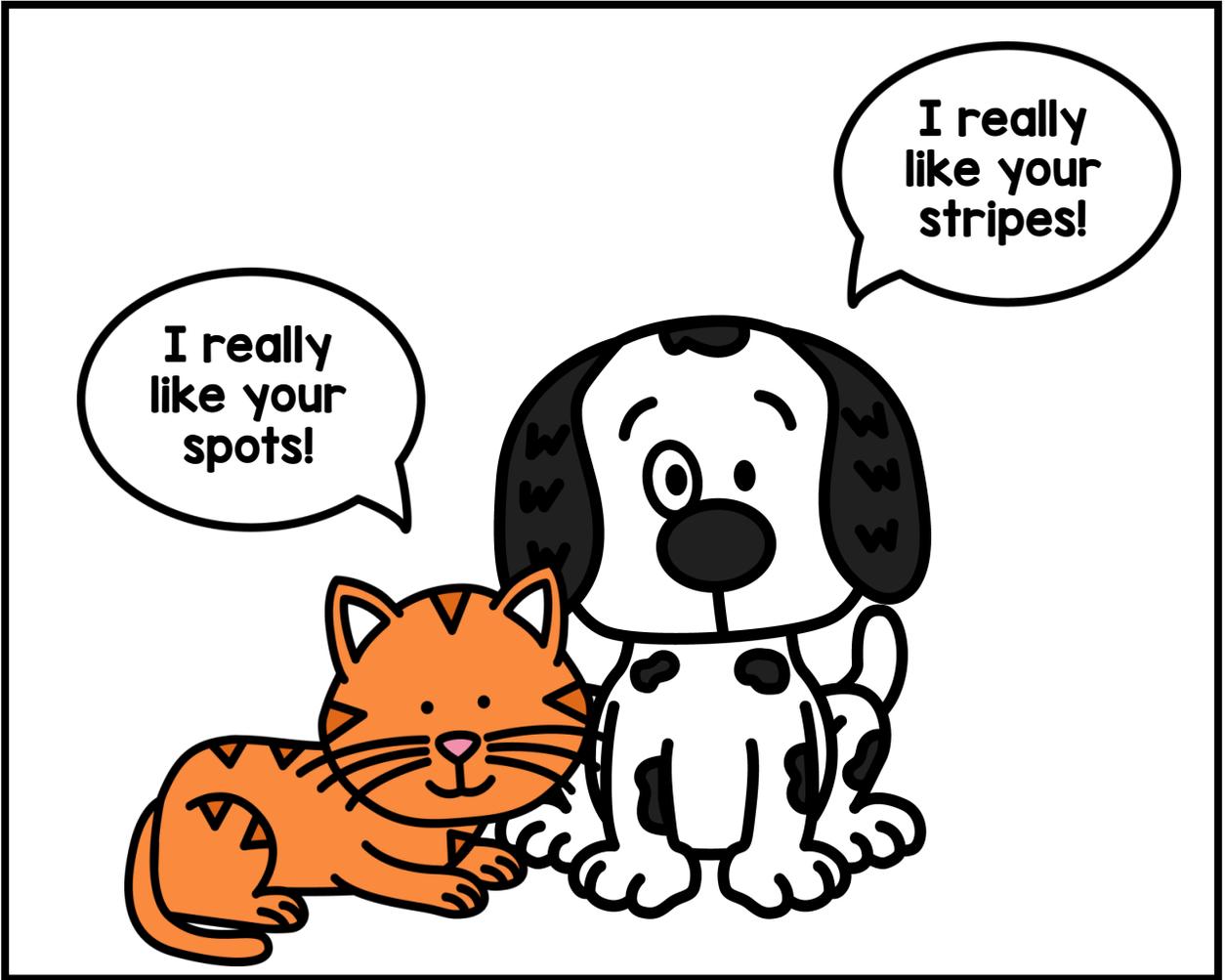
If you see a friend that is sad, what can you do? How can you show empathy? Yes, we can show them kindness.



When we have empathy, we see a story behind everything. If a friend shouts, we can see that they are hurt or upset.



If you see a friend that is sad or hurt, what can you do? What words can you use? What actions can you show?

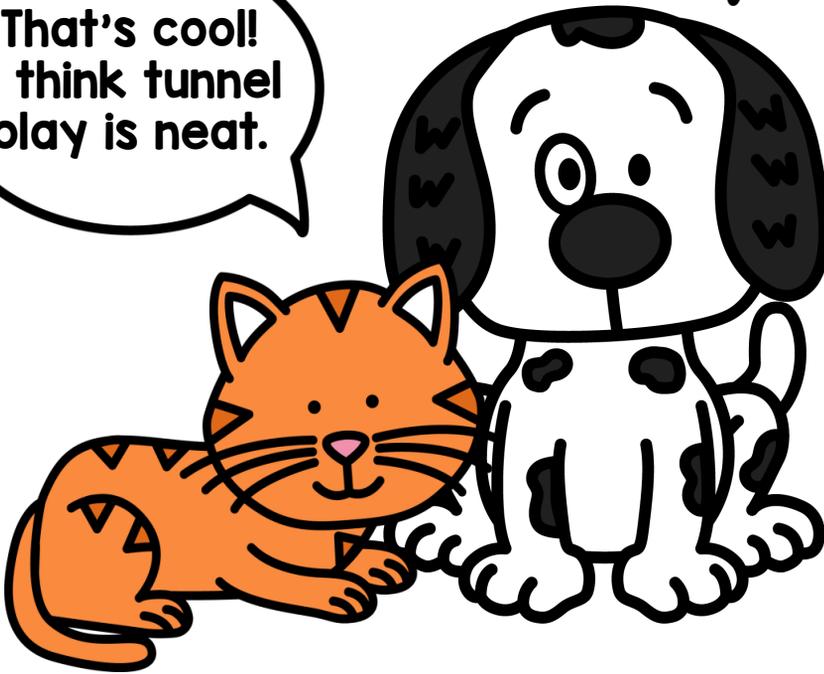


When we have empathy, we notice what makes us special and our friends, too. We compliment these differences.

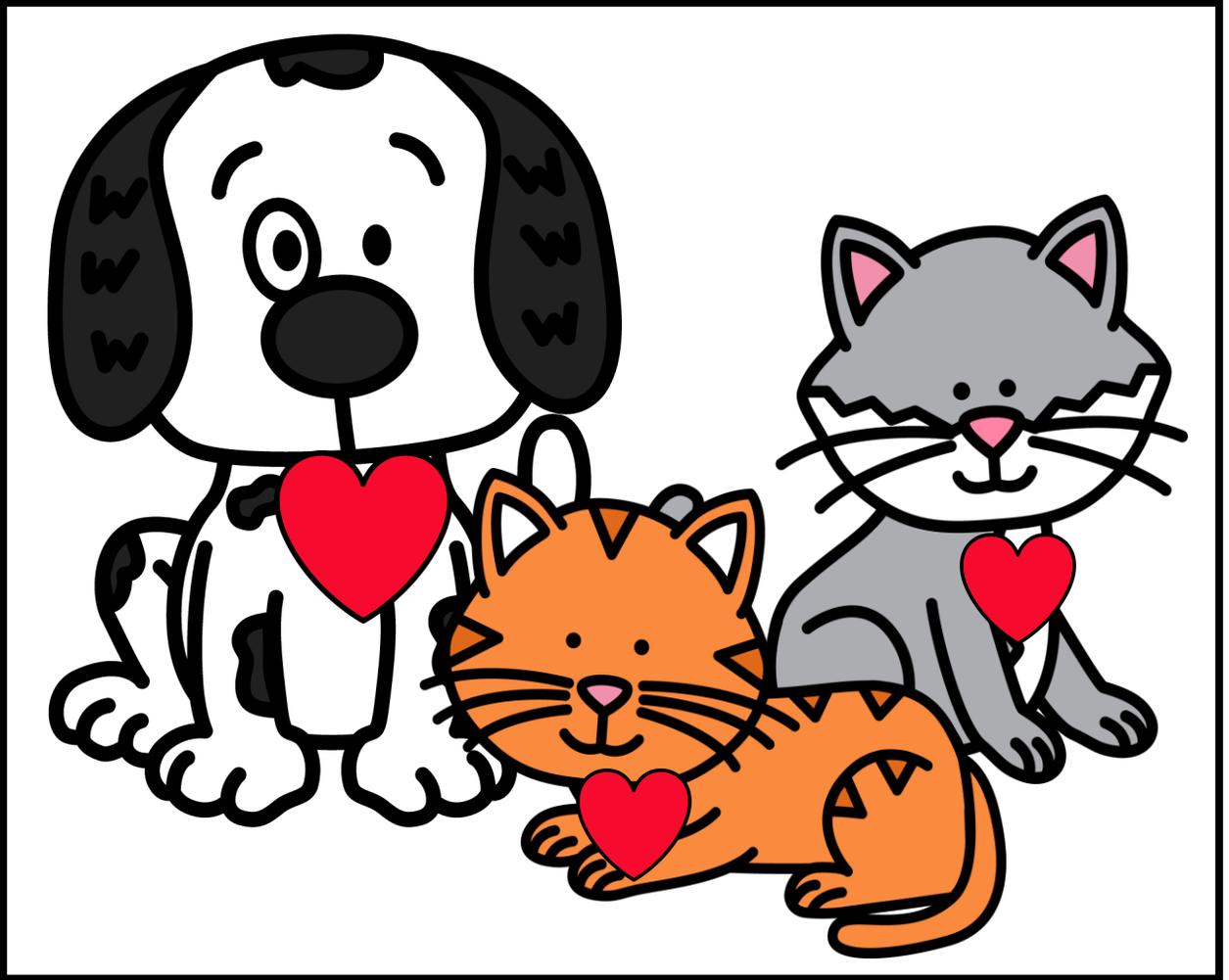


I really like
to play fetch!

That's cool!
I think tunnel
play is neat.



**When we have empathy,
we understand that
there are different
points of view. It's okay
to kindly disagree.**



The best thing about showing empathy is it makes you feel good. We all want to feel loved and cared for!



Empathy Scenario Cards: Print the empathy scenario cards. Read through each scenario. Offer students three choices on how they can respond with empathy. Teacher Tip: Green choices would be the best desired response.

Pip the Pup sees Tom Cat walk into class very upset. He throws down his backpack, stomps over to his chair, and shouts, "Stop looking at me, Pip!" Pip the Pup has empathy so what should she do? #1

A

"Tom Cat, I feel you are upset. I was last week, too, when I got to school late. I don't think it is kind to shout at me though. I am here if you want to share what made you upset."

B

"Tom Cat, you must have had a rough morning, huh? That was me last week when I was running late. I'm here if you want to share."

C

"Tom Cat, what's wrong with you? I'm telling Mr. Woof, and you aren't my friend anymore!"

Pip the Pup sees Tabby Cat kicking rocks at Tom Cat on the playground. Pip walks over to help Tom Cat. Tabby yells, "You're mean, Pip. You aren't my friend anymore!" Pip the Pup has empathy. What should she do? #2

A

"Tabby Cat, just say sorry already so we can go play together."

B

"Tom Cat, let's go. Tabby Cat is just rude, and we don't want to be her friend anyway."

C

"Tabby Cat, that really hurt my feelings, but I know you don't mean it. Can I help you problem-solve with Tom Cat so we can go play on the slide together?"



Empathy Scenario Cards: Print the empathy scenario cards. Read through each scenario. Offer students three choices on how they can respond with empathy. Teacher Tip: Green choices would be the best desired response.

Pip the Pup sees Tabby Cat sitting alone #3 at the table. Tabby Cat looks really upset but Pip is unsure why. "Tabby Cat, are you okay?" asks Pip. "You wouldn't understand Pip because you don't have a brother." What should Pip do?

A

"You're right, Tabby Cat. I don't have a brother. I do have a sister though and sometimes she says things that make me feel sad. Is it okay if I set here and we can talk about it?"

B

"Tabby Cat, I'm sorry you feel sad. At least you have a brother to give you piggy-back rides because I don't have that."

C

"Fine then, Tabby. I will just go back and sit by Tom Cat if you're going to be like that."

Pip the Pup sees Tom Cat slam the door #4 to his mom's car at morning drop off. Pip knows she should say something to Tom Cat but what if he yells at her? If Pip has empathy, she will say...

A

"Hey, Tom Cat! Did you have a bad morning? At least it's sunny today so we can play in the grass."

B

"I don't want Tom Cat to put me in a bad mood so I'm just going to go tell Tabby Cat hello."

C

"Hey, Tom Cat! Looks like your mom woke up on the wrong side of the bed! Sometimes when I feel like that, I just wiggle myself until all of the yuckiness leaves!"



Empathy Scenario Cards: Print the empathy scenario cards. Read through each scenario. Offer students three choices on how they can respond with empathy. Teacher Tip: Green choices would be the best desired response.

Pip the Pup and Tabby Cat are playing on the swings. “Ugh! Why do we always have to swing, Pip? I don’t like swinging,” shouts Tabby. “You only want to swing because you’re better at it than me.” What should Pip the Pup do? #5

A

“Whatever, Tabby. You just don’t want to play with me. I’ll just swing with Tom Cat.”

B

“Tabby Cat, I didn’t know you felt that way. I’m sorry I didn’t know sooner. I enjoy swinging with you so much. We are still learning just like you teaching me how to skate.”

C

“Tabby, that isn’t true. You’re good at swinging. At least you can swing higher than Tom Cat.”