

Healthy Habits You & Me!

Web Ideas and Lessons

[Developing Empathy Through Retold Fairy Tales](#) - KET Education – PBS Learning - Learning about empathy helps students connect to others within their family, class, community, and beyond. ... As an optional extension activity, students write about an experience from their own life regarding empathy. ... Prep for Teachers. Examine the media resources to familiarize yourself with the lesson content.

[Teacher's Guide: Empathy](#) (Grades 3 to 5) - KidsHealth in the Classroom - To develop empathy, students can be encouraged to become aware of others' feelings and to see situations from alternate points of view. These activities will help your students explore how to reach out to others, in words and actions.

[Teacher's Guide: Empathy](#) (Grades 6 to 8) - KidsHealth in the Classroom - Whether it's helping someone who dropped her books or listening to someone who's feeling down, empathy is an important part of students' lives. These activities will help your students understand what empathy is and how they can be more compassionate toward others.

[4 Proven Strategies for Teaching Empathy](#) – Edutopia - Here are some strategies to use with students to help develop both affective and cognitive empathy. Also included: Modeling. Teaching Point of View. Using Literature to Teach Different Perspectives. Listening Actively to Others. Being Metacognitive About One's State of Empathy.

[Developing Empathy](#) - Teaching Tolerance – (Grades 5 to 8) - This lesson helps students gain a deeper understanding of empathy and how to put it into practice. ...

[40 Kindness Activities & Empathy Worksheets for Students and Adults](#) – Positive Psychology Program - Learn how to target kindness and empathy development, building on our natural tendencies and enhancing our capacity to care about others. ...

[A Toolkit for Promoting Empathy in Schools](#) - Start Empathy - Practicing empathy leads to improved classroom management and more time for learning. Students arrive each day ready to learn, and teachers are better equipped to deal with the social and emotional needs of their students. Schools that are committed to empathetic teaching and practices enjoy improved teacher efficacy.

[Empathy in Your Classroom: TRY THESE ACTIVITIES TO BUILD EMPATHY AND COMMUNITY](#) – The Teachers Guild – In a 10-week design journey, *The Teachers Guild* asked its network of optimistic educators across the country to design and share ideas to cultivate empathy in their classrooms. This project generated over a hundred solutions, and sparked active conversations on and offline about the limits of empathy in schools and the ...

[Creating a Culture of Kindness in Your Classroom](#) – Scholastic - Teaching kindness to kids is more important than ever before. Use these ideas and resources to create a culture of kindness with your class ...

[5 Ways to Teach Kindness to Kids](#) – Highlights – (Parents) The more opportunities we give kids to show caring and concern for others, the greater the likelihood they will become the change agents they want to be, helping to create a kinder world. ...

[9 Tips for Teaching Kindness in the Classroom](#) - PBS Education - One of the best ways to teach kindness in the classroom is to model being kind ... We spend several months focused on learning “The 7 Habits of Happy Kids. ... a pencil, but they can also help you play games or read with you.

[Prevent bullying and show kindness](#) -- National Bullying Prevention Center – Students can make a “Kindness Catcher” - A fun way to get ideas for being kind to others and other activities.

[Play nice: How to teach kids to be kind](#) - Today Show – (Parents) Every parent has probably said, “play nicely” or “be kind to your sister.”. And most of us agree that we want to raise caring children But is kindness something you can really teach? ... “If you want your child to be kind, you are wasting your breath lecturing them,” said Mary ...

[Getting Along](#) - KidsHealth in the Classroom - Family, friends, and teachers are a big part of kids' lives. My brother and I fight over pretty much everything — what games to play, what shows to watch, who.

[A Bad Case of Bullying: Using Literature Response Groups](#) – ReadWriteThink - Students in grades 3-5 respond to a story by writing and telling about a time they had a similar experience as one of the characters in [A Bad Case of Stripes](#).

[Resilience Quiz - Arthur](#) - PBS KIDS - Ten resilience quiz questions to ask younger students. Questions are multiple choice and could be completed on computers in a lab and discussed in class. The first question and possible answers: What should you do if you see something scary in the news? A. Pretend you didn't see it. B. Talk to a parent or an adult you trust. C. Hide under your bed.

Quotes:

(Listed below are just a few quotes you can use for writing assignments)

- ❖ “No act of kindness, no matter how small, is ever wasted.” — Aesop
- ❖ “Until he extends the circle of his compassion to all living things, man will not himself find peace.” — Albert Schweitzer
- ❖ “No one has ever become poor by giving.” -- Anne Frank
- ❖ “One who knows how to show and to accept kindness will be a friend better than any possession.” - Sophocles
- ❖ “You cannot do a kindness too soon, for you never know how soon it will be too late.” – Ralph Waldo Emerson
- ❖ “To be good, and to do good, is all we have to do.” -- John Adams
- ❖ “We can complain that rose bushes have thorns, or we can rejoice that thorn bushes have roses.” - Abraham Lincoln
- ❖ “No act of kindness, no matter how small, is ever wasted.” — Aesop
- ❖ “Until he extends the circle of his compassion to all living things, man will not himself find peace.” — Albert Schweitzer