



## LESSON PLAN: Chain of Empathy & Kindness

**Topic:** How empathy and kindness show up in our lives.

**Subjects| Stream:**

Arts  
Comprehension  
Creative Writing  
Language  
Vocabulary

**Grade Level:** Primary (K-3)

**Objective(s)**

- To discuss the difference between empathy and kindness.
- To dialogue ways we can help someone who is diagnosed with a disease.
- To learn about kindness and how to identify it.

**Brief Summary**

As a class, the participants will talk about empathy, kindness, and how we can help someone diagnosed with a disease.

**Background Information**

Children at a young age are still learning about other people and different perspectives. This activity will teach children about kindness and learn different ways to help others.

**Resources | Materials Required per Pair:**

- Strips of different coloured paper distributed among participants. Approximately 3-5 for each student.
- Markers
- Glue or tape
- *Optional Resource to extend the lesson: Storybook: A Friend in Hope*





**Activity Instructions:**

Step 1: Differentiate the difference between empathy and kindness.

Step 2: Group discussion about empathy and kindness and how empathy and kindness occur in their own lives or communities.

Step 3: Ask students to write or draw their own examples down on the strips of paper – one example per strip of paper. Get creative – make it colourful.

Step 4: Link all the papers in a chain (with glue or tape) and display the chain of empathy and kindness in the classroom.

