WELCOME TO...

THE EMPATHY DETECTIVE

Noticing feelings. Solving mysteries.
Making the world a kinder place.

Hey there, Detective! ★
You already have what it takes to be amazing at **empathy**. This journal will help you use your **superpower** every day.



An Empathy Detective pays attention to clues—inside themselves and around them. You notice feelings, think about other people's perspectives, and choose kind actions (even when it's hard).

Every mystery you solve makes your world stronger, brighter, and more connected.

You ready?

LET'S GO!

CHIEF CLUE CLUE

INSIDE THIS JOURNAL YOU'LL FIND:



FUN CASES
to solve



CLUE HUNTS
to spot feelings



SWITCH SEATS
see it from their side



RIPPLE CHECK
what happens next?



REPAIR TOOLS
fix it. grow it. move forward.



CHOOSE YOUR MOVE
lots of ways to handle it



REAL-LIFE MISSIONS
try it. notice it. celebrate it!

DETECTIVE PLEDGE

- I will be curious, not judgmental.
- I will notice feelings—mine and others'.
- I will try to understand different perspectives.
- I will choose kindness when I can (and keep trying).
- I will remember that everyone—including me—is still learning.

SIGNED: _____

DETECTIVE SKILL #13

EMPATHY IN ACTION:

BE THE CHANGE!

When we practice empathy and take action, we make a positive difference in the world—one kind choice at a time.

You have the power to notice, understand, and help. Keep going, detective!



KINDNESS CHALLENGE

What is one kind thing you can do today to show empathy?
Write it below and do it!



EMPATHY JOURNAL PROMPT

Choose a question and write about it.

- What does empathy mean to you?
- Why is empathy important?
- How can empathy make your friendships stronger?
- What can we learn from people who are different from us?
- How can empathy help you in the future?

WALK IN THEIR SHOES

Pick a person below. Imagine their day from morning to night.
What might they see, think, feel, and do?

- [ ] A new student at your school
- [ ] A younger sibling
- [ ] Someone who is feeling sick
- [ ] A person who lost something important
- [ ] A person who moved to a new country
- [ ] Other: _____



EMPATHY CONNECTIONS

How are we all connected? Write or draw ways we show empathy to each other.

SPREAD GOOD VIBES

Write 3 ways you can spread kindness and empathy this week.

1. _____
2. _____
3. _____





EMPATHY QUOTE

Read the quote below. What does it mean to you? Write your thoughts.

> "Be kind whenever possible. It is always possible."
> — The Dalai Lama

THANK YOU, DETECTIVE!

Look back at all the detective skills you've practiced.
Which ones are your favorites? Why?

MY EMPATHY PLEDGE

I promise to be an empathy detective every day by noticing, understanding, and taking action.

I pledge to:

Signed: _____ Date: _____

You are making the world a better place with your big heart and kind actions!

DETECTIVE SKILL #19

EMPATHY IN ACTION:

SEE IT, FEEL IT, CHANGE IT!

Great detectives don't just notice what's happening—they care and take action! You have the power to see what others need and make the world a better place.

You have the heart of a detective and the courage of a hero! Keep using your empathy to make amazing things happen!



EMPATHY SCENARIO SOLVER

Read each situation and write how you could show empathy and make it better.

1. A friend didn't get picked for the team.

2. Someone is new at your school.

3. A classmate is having a bad day.

EMPATHY PERSPECTIVE SWITCH

Choose a situation. Write how YOU feel and how the other person might feel.

Situation: _____

How I might feel	How they might feel

KINDNESS ACTION PLAN

Plan one act of kindness you will do this week.

Who: _____

What I will do: _____

When: _____

How I think it will help: _____

I can do this!

EMPATHY CHECKLIST

Check the boxes when you practice these this week!

	M	Tu	W	Th	F	Sa	Su
I listened with my whole heart.	☐	☐	☐	☐	☐	☐	☐
I was kind with my words.	☐	☐	☐	☐	☐	☐	☐
I tried to understand others.	☐	☐	☐	☐	☐	☐	☐
I included someone.	☐	☐	☐	☐	☐	☐	☐
I helped when I saw a need.	☐	☐	☐	☐	☐	☐	☐
I showed patience.	☐	☐	☐	☐	☐	☐	☐
I celebrated others.	☐	☐	☐	☐	☐		

EMPATHY REFLECTION

What was the best thing that happened when you showed empathy this week?

What was a challenge?

What did you learn about yourself?

MY EMPATHY SUPERPOWER

Draw yourself using your empathy superpower!
What does your empathy superpower look like?
What can it do?

You are kind. You are powerful. You are making the world a better place—one act of empathy at a time!

DETECTIVE SKILL #20

EMPATHY IN ACTION:

UNDERSTAND, CARE, INCLUDE!

Being a great detective means understanding people, caring for them, and making sure everyone feels like they belong.

Inclusion changes everything!

You are not just solving mysteries—you are making connections and creating kindness wherever you go! Keep it up, amazing detective!



INCLUSION INVESTIGATION

Look around your school, home, or community.
Who might feel left out sometimes?
Write or draw one way you could include them.

EMPATHY QUESTIONS

Ask these questions to help you understand others better.
Write your thoughts.

What might make someone smile today?

What might someone be worried about?

How can I make someone feel included?

WALK IN THEIR SHOES

Think about a time you didn't understand someone.
Now try to see it from their point of view.
What might they have been feeling?



Their point of view:



What I learned:

EMPATHY CHALLENGE

Choose 2 challenges to complete this week!

- Compliment 3 different people.
- Say "hello" to someone new.
- Ask someone how their day is going.
- Help someone without being asked.
- Invite someone to join your game or group.
- Write a kind note and give it to someone.
- Thank someone who helps you.

MY EMPATHY GROWTH

This week, I grew my empathy by...

1.
2.
3.

I felt proud when I

Next week, I want to

I can be kind by

DETECTIVE BADGE EARNED!

You used your empathy to understand, care, and include.
That is detective-level kindness!



I earned this badge by:

Signed:

Empathy is a superpower that makes the world brighter for everyone!

DETECTIVE SKILL #22

EMPATHY IN ACTION:

LISTEN DEEPLY, LOVE BIG!

Deep listening is one of the kindest things you can do. When we really listen to others, we show them they matter. You're an amazing detective with a big heart!

Listening with empathy helps us understand others better and build strong, caring connections!



ACTIVE LISTENING PRACTICE

Next time someone is talking to you, try these steps. Check each one as you practice!

- ☐ Look at the person.
- ☐ Listen without interrupting.
- ☐ Nod or show you're listening.
- ☐ Repeat back what you heard.
- ☐ Say something kind or helpful.

WHAT WOULD THEY SAY?

Imagine what each person might say or need. Write a kind thing you could say to them.



A friend who is feeling worried

_____

_____



A teammate who lost a game

_____

_____



Someone new at your school

_____

_____

EMPATHY MINDSET METER

How are you doing with empathy today? Color in the stars that match how you feel.

☆☆☆☆☆ I'm a super empathy detective!

☆☆☆☆☆ I'm doing great!

☆☆☆☆☆ I'm getting better.

☆☆☆☆☆ I need a little more practice.

☆☆☆☆☆ I will try harder tomorrow.

EMPATHY CHALLENGE

Challenge: Do one of these acts of kindness this week! Check the box when you do it.

- ☐ Write a thank you note.
- ☐ Hold the door for someone.
- ☐ Help a family member.
- ☐ Offer a compliment.
- ☐ Share with someone.
- ☐ Ask someone how they are really doing.
- ☐ Other: _____

KIND WORDS JAR

Write kind words you hear or say this week!



REFLECTION TIME

Think about this week.

What is one time you felt proud of how you showed empathy?

_____

_____

_____

What will you do next week to be even kinder?

_____

_____

DETECTIVE'S PROMISE

Circle the words that show how you promise to use your empathy every day.

Kind	Patient	Respectful
Helpful	Thoughtful	Caring
Brave	Honest	Inclusive

I promise to listen, care, and make the world better!

Signed: _____

You have a heart that makes a difference. Keep listening. Keep caring. Keep being you!

DETECTIVE SKILL #26

EMPATHY IN ACTION:

UNDERSTAND, CONNECT, AND CARE!

When we take time to understand others, we build trust and friendship. Empathy helps us connect in powerful ways and create a world where everyone belongs!

Being an empathy detective means seeing with your heart and choosing actions that show you care!



EMPATHY MATCH-UP

Draw a line to match each feeling with the helpful thing you could do.

Worried	Cheer them on!
Left out	Invite them to join.
Frustrated	Give a hug or kind words.
Sad	Listen and ask if they need help.
Excited	Take deep breaths together.

EMPATHY PERSPECTIVE SWITCH

Pick a situation and write it from two points of view.

Situation: _____

How I see it:	How they might see it:

EMPATHY FEELINGS SORT

Write each feeling in the correct column.

Happy • Angry • Nervous • Lonely • Proud
Grateful • Embarrassed • Confused

Feelings I understand	Feelings I find hard to understand

KINDNESS PLAN

Choose one person you want to show more empathy to this week. Write your plan!

I want to show more empathy to: _____

I will: _____

I will do it by: _____

I will know it made a difference if: _____

EMPATHY BRAIN BOOSTERS

Circle the sentence that shows the most empathy.

1. A. "That's not a big deal."
   B. "I can see that upset you."
2. A. "You always do that!"
   B. "What's going on? How can I help?"
3. A. "Whatever."
   B. "I'm proud of how hard you tried!"

TODAY'S EMPATHY WINS

List three ways you used empathy today.

1. _____
2. _____
3. _____

DETECTIVE'S EMPATHY PROMISE

Complete your promise to keep using your heart every day!

I promise to...

Signed: _____

Empathy connects us. Empathy heals us. Empathy makes the world better!

DETECTIVE SKILL #27

EMPATHY IN ACTION:

SEE THE GOOD, SPREAD THE GOOD!

You have a heart that notices, understands, and cares. Every time you choose empathy, you make someone's day a little brighter. Keep shining, amazing detective!

Kindness is powerful. Empathy is amazing. You have the heart of a true detective—keep using it to make the world brighter!



EMPATHY DETECTIVE DIARY

Write about a time this week when you used empathy to help someone.
What happened? How did it feel?

KINDNESS RIPPLE EFFECT

Write one kind act you did. Then, write how it might have helped someone else, and then someone else!

I did this kind act:

↓

It might have helped:

↓

Then it might have helped:

EMPATHY ROLE PLAY

Choose a situation. How would you show empathy? Write what you would say or do.

1. A friend feels left out at recess. _____
2. Someone is nervous about a big test. _____
3. A classmate has a bad day. _____

EMPATHY SCAVENGER HUNT

Find examples of empathy around you this week! Check them off when you spot them.

- ☐ Someone helping someone else
- ☐ A kind note or kind words
- ☐ A teacher being patient
- ☐ Sharing or including others
- ☐ Listening to someone
- ☐ Holding a door or helping out
- Other: _____

EMPATHY GRATITUDE LIST

Write three things you are thankful for about the people in your life.

1. _____
2. _____
3. _____

TOGETHER WE'RE BETTER

Draw a picture of people working together with kindness and empathy.

DETECTIVE'S KIND WORDS

Fill in the blanks with kind words to complete the message.

You are _____.
You are _____.
You have a _____ heart.
Never stop being you!

_____

Empathy is a gift. Use it every day to make the world a kinder, happier place!

DETECTIVE SKILL #29

EMPATHY IN ACTION:

LISTEN DEEPLY, UNDERSTAND TRULY!

Listening is one of the kindest things we can do. When we listen with our hearts, people feel seen, heard, and valued. You have the power to be that kind of amazing detective!

A great detective listens with their ears, understands with their heart, and helps with kindness. Keep listening, keep caring, and keep making a difference!



LISTENING DETECTIVE

Think of a time you really listened to someone without interrupting. Write about it!

Who were you listening to?

What did you learn?

LISTEN & LEARN INTERVIEW

Interview a family member or friend! Ask them a question and really listen to their answer.

- What is something that makse you happy? _____
- What is something you are proud of? _____
- What is something that is hard for you sometimes? _____
- What is something you wish more people understood? _____
- What is one piece of advice you would give me? _____

EMPATHY SCENARIO SOLVER

Read each situation and write how you would listen and respond with empathy.

1. Your friend is upset because they didn't make the team. _____
2. Someone in your class is new and looks lonely. _____
3. A family member had a tough day at work. _____

EMPATHY SUPERPOWERS

Check the boxes for the listening superpowers you showed this week!

- ☐ I listened without interrupting.
- ☐ I made eye contact.
- ☐ I asked kind questions.
- ☐ I showed I cared with my words.
- ☐ I was patient and stayed calm.
- ☐ I tried to understand how they felt.

Other: _____

WHAT I HEARD, WHAT I FELT

Think of a conversation you had this week.
What did you hear the other person say?
What do you think they were really feeling?
How did you respond?

What I heard: _____

What they might have been feeling: _____

How I responded: _____

EMPATHY CHALLENGE OF THE WEEK

Choose one challenge to practice this week!

- ☐ Listen to someone for 5 minutes without interrupting.
- ☐ Ask someone how they are and really listen.
- ☐ Say something kind to encourage someone.
- ☐ Notice someone who looks left out and include them.
- ☐ Write a kind note to someone who inspires you.
- ☐ Help someone without being asked.
- ☐ My own challenge: _____

You are an amazing detective! Keep listening, keep understanding, and keep using your empathy to make the world a kinder place!

DETECTIVE SKILL #31

EMPATHY IN ACTION:

BETTER TOGETHER, KINDER FOREVER!

Remember, empathy is a superpower we all have! When we use it, we build stronger friendships, kinder communities, and a brighter future for everyone. Keep shining, amazing detective!

Every act of empathy makes a difference—no matter how small! Keep using your detective skills to create a world full of kindness!



EMPATHY STORY WRITER

Write a short story about a detective who uses empathy to solve a problem and help others. What happens in your story?

EMPATHY CHOICE CHALLENGE

Read each situation and choose the most empathetic choice. Then write why you chose it.

1. Your friend is crying because they lost a game.
   A. Tell them to stop crying.
   B. Say, "It's just a game!"
   C. Ask if they want a hug and listen.
   Why I chose it: _____

2. You see someone new at school sitting alone.
   A. Walk by and ignore them.
   B. Laugh with your friends.
   C. Invite them to sit with you.
   Why I chose it: _____

EMPATHY GRATITUDE HEART

Think of people who show you empathy. Write or draw them inside the heart. Then write what you appreciate about each of them.

One thing I appreciate most: _____

EMPATHY ROLE MODEL

Who is someone you look up to that shows empathy? It could be a family member, friend, teacher, or even someone famous!

Who is it? _____

What do they do that shows empathy?

How does it inspire you?

EMPATHY WOULD YOU RATHER?

Circle the option that shows more empathy.

1. Would you rather...
   A. Win a prize by yourself
   B. Help a friend feel better

2. Would you rather...
   A. Have lots of toys
   B. Share your toys and make someone smile

3. Would you rather...
   A. Be right
   B. Understand how someone feels

EMPATHY CHECK-IN

How did you do this week using your empathy? Color a star for each day!

Mon	☆	☆	☆	☆	☆
Tue	☆	☆	☆	☆	☆
Wed	☆	☆	☆	☆	☆
Thu	☆	☆	☆	☆	☆
Fri	☆	☆	☆	☆	☆
Sat	☆	☆	☆	☆	
Sun	☆	☆	☆	☆	

NEXT WEEK'S EMPATHY GOALS

Write two goals for how you will keep using your empathy next week!

1. _____

2. _____

You are an amazing detective with a heart that can change the world! Keep using your empathy every day and watch the magic happen!

DETECTIVE SKILL #35

EMPATHY IN ACTION:

LISTEN DEEPLY, CARE TRULY!

Sometimes, the best way to show empathy is to listen with our whole heart. When we listen, we learn. When we care, we connect. Keep using your detective skills to be a friend others can count on!

Being a kind detective means listening, caring, and taking action. You have the power to make someone's day so much better!



DETECTIVE OBSERVATION

Look at the picture below. What might be happening? How could you show empathy?



What might be happening? _____

How could you show empathy? _____

_____

_____

EMPATHY SCENARIO SORT

Decide if each action shows empathy or not. Check the correct box.

		Shows Empathy	Does Not Show Empathy
1	Ignoring someone who is upset.	☐	☐
2	Offering a hug when a friend is sad.	☐	☐
3	Laughing at someone's mistake.	☐	☐
4	Listening when someone needs to talk.	☐	☐
5	Including a new student at lunch.	☐	☐

HEART-TO-HEART QUESTIONS

Pick one question and write your answer.

1. What does empathy mean to you?

_____

_____

_____

2. Who is someone you look up to for their kindness and empathy? Why?

_____

_____

_____

3. What is one thing you can do this week to show more empathy?

_____

_____

EMPATHY STORY STARTER

Use the picture and the words below to write a story about showing empathy.



Words to use:

- noticed
- helped
- understood
- included
- happier
- together

_____

_____

_____

EMPATHY THOUGHT JAR

Write or draw kind and empathetic thoughts to put in your thought jar!



DETECTIVE'S KINDNESS PLEDGE

Read your pledge out loud and sign your name!

I pledge to use my detective skills
to listen, care, and take kind action.
I will treat others with respect,
include everyone, and spread
goodness wherever I go!
I am a kindness detective!

Signed: _____ Date: _____

You have a kind heart and amazing detective skills!
Keep listening, keep caring, and keep changing the world for the better!

DETECTIVE SKILL #36

EMPATHY IN ACTION:

EVERY KIND ACT COUNTS!

You don't need a cape to be a superhero—you just need a kind heart and the courage to care. Keep using your detective skills to make the world a better place!

Small acts of empathy can spark big changes! Be kind, be curious, and keep spreading positivity everywhere you go!



EMPATHY SITUATION SOLVER

Read each situation and write how you could show empathy to help.

1. Your friend is feeling left out at recess.

   _____

   _____

2. A classmate is worried about a test.

   _____

3. Someone new is sitting alone at lunch.

   _____

EMPATHY ACTS BINGO

Try to complete 5 in a row!

Cross off each act of empathy when you do it.

Say thank you	Give a compliment	Listen without interrupting		Help someone in need
Include someone	Write a kind note	FREE SPACE	Cheer someone up	Hold the door open
Share your toys or snacks	Ask if someone is okay	Smile at someone	Offer to help	Use kind words
Be patient	Listen to someone's story	Give a friend a high five	Invite someone to play	Let someone go first

EMPATHY CHALLENGE TRACKER

Challenge yourself to do one act of empathy each day for 7 days. Write what you did!

1. Day 1: _____
2. Day 2: _____
3. Day 3: _____
4. Day 4: _____
5. Day 5: _____
6. Day 6: _____
7. Day 7: _____

THINK LIKE A DETECTIVE

When you notice someone's feelings, what clues help you figure out how they might be feeling?

- Their face might look _____
- Their body might _____
- They might say _____
- They might act _____
- I can show empathy by _____

EMPATHY GRATITUDE LIST

Write or draw five things or people you are grateful for.

1. _____
2. _____
3. _____
4. _____
5. _____

DRAW KINDNESS

Draw a picture of you showing empathy or helping someone.

NEXT WEEK'S PLAN

Write one way you will continue using empathy next week.

I will _____

_____

_____

_____

I can make a difference!

You are a kind and amazing detective!
Keep using your heart, your skills, and your kindness every day!

DETECTIVE SKILL #39

EMPATHY IN ACTION:

KIND HEARTS, BRIGHTER DAYS!

Every act of empathy is like a ripple in the water—it spreads kindness and makes the world a better place for everyone. Keep using your detective skills to care and connect!

You have the power to see, care, and take action. Let's keep being amazing kindness detectives!



EMPATHY PERSPECTIVE SWITCH

Read the situation below. Then, write what YOU think happened and what THEY might be thinking or feeling.

> Your friend didn't want to play at recess and sat on the bench by themselves.

What I think happened:	What THEY might be thinking or feeling:

EMPATHY MATCH-UP

Match each feeling to the kind thing that could help.

1	Feeling nervous about a test	A	Invite them to join your group.
2	Feeling left out	B	Offer a hug or kind words.
3	Feeling sad	C	Take deep breaths together.
4	Feeling frustrated	D	Help them study or practice.
5	Feeling overwhelmed	E	Listen and let them talk about it.

EMPATHY JOURNAL PROMPTS

Answer one or more of these prompts in your journal.

- What is one time someone showed you empathy? How did it make you feel?
- What is one time you showed empathy to someone? What was the result?
- Who is someone you want to show more empathy to? What can you do for them?
- How can empathy help make your school or community a better place?

EMPATHY RATING SCALE

Think about how empathetic you were this week. Color the number that shows how you feel.

1	2	3	4	5
I need to practice more.	I tried a little empathy.	I showed some empathy.	I showed a lot of empathy!	I was an empathy superstar!

One thing I can do better:

EMPATHY INVENTORY

Check the boxes for things that show empathy.

- ☐ I listen when someone talks.
- ☐ I use kind words.
- ☐ I try to understand how others feel.
- ☐ I include others.
- ☐ I help when I can.
- ☐ I respect everyone.
- ☐ I forgive mistakes.
- ☐ I celebrate others' successes.

DRAW A KIND MOMENT

Draw a picture of a time you showed or received empathy.

What happened? _____

MISSION: EMPATHY

Choose one empathy mission to complete before next week.

- ☆ Compliment someone.
- ♡ Write a thank-you note.
- ♡ Help someone with a chore.
- ♡ Invite someone to play.
- ♡ Listen to someone who needs to talk.
- ♡ Do something kind for a family member.

My mission: _____

When I will do it: _____

You have a kind heart and amazing detective skills!
Keep seeing hearts, showing empathy, and making the world a brighter place!

DETECTIVE SKILL #40

EMPATHY IN ACTION:

SEE IT, FEEL IT, CHANGE IT!

Empathy helps us see the world through someone else's eyes. When we notice, care, and take action, we make every day better for everyone!

Great detectives notice what others might miss—feelings! Keep using your empathy powers to listen, care, and take action. You're making a real difference!



EMPATHY WOULD YOU RATHER?

Circle the choice that shows the most empathy.

1. Laugh when someone makes a mistake **or** Help them and be kind
2. Ignore someone who looks sad **or** Ask if they're okay and listen
3. Take the last snack for yourself **or** Offer to share with others
4. Say "It's not my problem" **or** See if you can help
5. Only play with your best friend **or** Invite someone new to join

EMPATHY STORY SEQUENCING

Cut out the pictures below and glue them in the order that shows empathy.

1	2	3	4



EMPATHY BRAINSTORM

What are some ways you can show empathy at...

School: _____

_____

_____

Home: _____

_____

_____

In your community: _____

_____

_____

EMPATHY ROLE REVERSAL

Choose a situation and write how you think the other person might feel.

You got picked last for a team. →

_____

_____

Your sibling broke something you love. →

_____

_____

A friend is moving to a new city. →

_____

_____

EMPATHY PLAN MAKER

Pick one situation where someone could use empathy. Write your plan.

My situation: _____

Who is involved? _____

What I will do: _____

_____

_____

How I think it will help: _____

_____

_____

DRAW HOW EMPATHY LOOKS

Draw a picture of what empathy looks like to you.

DETECTIVE'S FINAL REFLECTION

Check all the statements that are true for you.

- ☐ I listen carefully to others.
- ☐ I try to understand how people feel.
- ☐ I include others and am kind.
- ☐ I take action to help.
- ☐ I am proud of how I use empathy!

One thing I will keep doing:

_____

_____

You are an empathy detective! Keep seeing, caring, and taking action. Together, we can create a world filled with kindness and understanding!

DETECTIVE SKILL #42

EMPATHY IN ACTION:

STEP INTO THEIR SHOES!

Empathy helps us understand how others feel by imagining things from their point of view. When we step into someone else's shoes, we build kindness, respect, and stronger friendships!

Great detectives know that everyone has a story. Let's keep using our empathy to listen, understand, and make the world a kinder place!



POINT OF VIEW PICTURE

Look at the picture. What might each person be thinking or feeling? Write or draw in the thought bubbles.



EMPATHY SCENARIO SOLVER

Read each situation and write one kind or helpful thing you could do.

1. A classmate forgot their lunch.

2. Your friend didn't make the team they tried out for.

3. A new student looks lost on the first day.

EMPATHY THIS OR THAT

Circle the choice that shows more empathy.

1	Ignore someone who is crying	or	Ask if they're okay
2	Make fun of a mistake	or	Help them try again
3	Take something that isn't yours	or	Ask if you can use it
4	Talk over others	or	Listen and wait your turn
5	Walk away from someone alone	or	Invite them to join

EMPATHY MEMORY

Draw a time someone showed empathy to you. What did they do? How did it make you feel?

It made me feel: _____

KIND WORDS, BIG IMPACT

Write a kind and encouraging note to someone who might need it today.

You've got this!

EMPATHY MINDSET CHECK

Check the mindset you want to practice more.

- ☐ I listen with my whole heart.
- ☐ I try to understand how others feel.
- ☐ I include others.
- ☐ I am patient.
- ☐ I use kind words.
- ☐ I help when I can.
- ☐ I show respect.
- ☐ I celebrate others' successes.

LOOKING FORWARD

How will you use your detective skills and empathy this week?

1. _____
2. _____
3. _____

You are an empathy detective! Keep listening, caring, and taking action. Together, we can make the world a kinder, more understanding place!

DETECTIVE SKILL #45

EMPATHY IN ACTION:

LISTEN, LEARN, LOVE, LEAD!

Empathy helps us listen with our hearts, learn from others, and spread kindness everywhere we go. Keep using your amazing empathy every day! You are making the world more loving!

Empathetic detectives listen first, judge later, and act with kindness. You have the power to make the world a better place!



EMPATHY SITUATION SORT

Read each situation. Decide if it shows empathy or not empathy. Write E or N in the circle.

- ◯ You invite someone new to sit with you.
- ◯ You laugh at someone who makes a mistake.
- ◯ You listen when your friend needs to talk.
- ◯ You ignore someone who is trying to join in.
- ◯ You share your snack with a classmate.
- ◯ You roll your eyes when someone talks.

EMPATHY REFLECTION

Think about a time you showed empathy. Answer the questions below.

What happened?

_____

_____

How did the other person feel?

_____

_____

How did you feel?

_____

_____

What did you learn?

_____

_____

EMPATHY IN MY WORLD

List five ways you can show more empathy at school, at home, and in your community.

1. _____
2. _____
3. _____
4. _____
5. _____

EMPATHY SCENARIO CHOICES

Read each scenario and circle the most empathetic choice.

1. A friend didn't make the team.
   - (A) Tell them, "You'll be better next time."
   - (B) Say, "I'm here if you want to talk."
   - (C) Ignore them.
2. You see someone looking sad.
   - (A) Ask if they want space.
   - (B) Cheer them up with a joke.
   - (C) Ask if they're okay and listen.
3. Your classmate forgot their homework.
   - (A) Tell the teacher right away.
   - (B) Share your notes without making them feel bad.
   - (C) Say, "I told you so!"

EMPATHY WORD MATCH

Match the empathy word with what it means.

1	Understand	(A)	Treating others with kindness and care
2	Compassion	(B)	Thinking about how others feel
3	Respect	(C)	Helping someone in a tough time
4	Consider	(D)	Putting yourself in someone else's shoes
5	Support	(E)	Valuing someone for who they are

EMPATHY CHALLENGE

Do one kind act each day this week. Check off each day!

- ☐ Monday: _____
- ☐ Tuesday: _____
- ☐ Wednesday: _____
- ☐ Thursday: _____
- ☐ Friday: _____

How did your kind acts make people feel?

_____

_____

TODAY I CHOOSE EMPATHY

Finish the sentences in your own words.

I will be a good listener by

_____

_____

I will show kindness by

_____

_____

I will try to understand others by

_____

_____

I will make a difference by

_____

_____

You are an amazing empathetic detective!
Keep listening, keep caring, and keep taking action. Together, we can make the world brighter!