



Lesson on EMPATHY for grades K-2 to use with 1, 2, 3, JUMP!
written by Lisl H. Detlefsen, illustrated by Madeline Valentine
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Instructions for use: This activity was designed with the help of educators to be compatible with a variety of learning standards and for an easy “grab-and-go” lesson that works well in the physical OR virtual classroom with few extra materials required. This can also easily be used as a substitute lesson, library activity, or before or after school program.

This SEL (Social Emotional Learning) lesson focuses on reading comprehension and develops positive self-identity, self-management skills, social awareness, empathy and resiliency.

Ways to further expand the learning:

- Ask students to draw, write about, or discuss a time they felt afraid to try a new activity.
- As a class or in small groups, discuss strategies for how to handle and conquer fears.
- Help students define and discuss the word “empathy.” What does it mean to show empathy to others?
- Instead of, or in addition to drawing, use the template below as a writing exercise by turning the first boxes into writing prompts for a longer story.

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<p>Draw a picture of yourself showing empathy to the main character of 1, 2, 3, JUMP!</p>	
<p>Show something you tried that scared you at first.</p>	

<p>Show how you felt after you tried the new thing.</p>	
<p>Write or draw things you can do to help someone who is feeling afraid.</p>	