

# Being Kind Online: What is Empathy?

**ISTE Standards:**

Digital Citizen 1.2b

- Engage in positive behavior online

**CASEL Competency:**

Social Awareness

- Showing concern for the feelings of others



## WHAT IS EMPATHY?

When you spot other's feelings, you can have empathy. Empathy is a big word that means you care about someone else's feelings. Watch this video to learn more, and then do the activity on the next page.

**TIP:** Ask for help from an adult!

**Words to Know:**

- Empathy: caring about what someone else is feeling.
- Feelings: how your body feels inside when something happens. An emotion.
- Clues: a piece of information that helps you figure something out.

**Watch the video****Do this next:**

- Ask an adult to help you download and print off the next page.
- Look at the pictures on the page to find the kindness clues.
- Circle the clues.
- Next, write or draw the feelings you see.
- Have fun!

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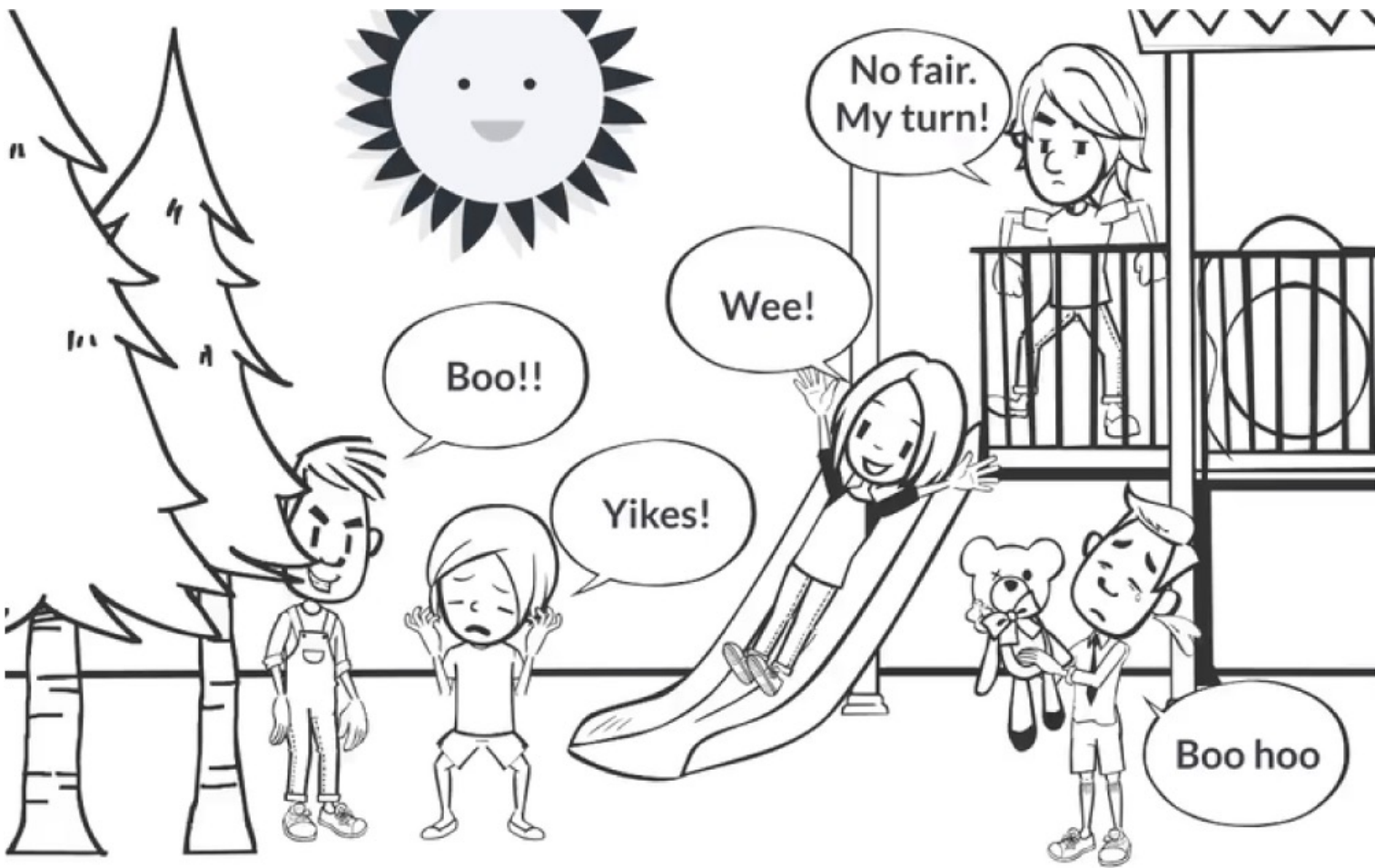
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## KINDNESS CLUES

Circle the feeling clues. Write or draw the feelings you see.



Feelings: