Technology and Engineering

Grade: **K-3** Minutes: **30**

Being Kind Online: How To Show Empathy Online

ISTE Standards:
Digital Citizen 1.2b
- Engage in positive behavior online

CASEL Competency:
Social Awareness
- Showing concern for the feelings of others

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HOW TO SHOW EMPATHY ONLINE

INTRO
Just like in real life, you can spot feelings online. Sometimes people feel sad. Sometimes people feel happy. Spotting the feelings help you know what to do next.

💡TIP: Ask for help from an adult as you work!

Words to Know:
- Sad: unhappy, disappointed, or full of sorrow. Someone who is sad might withdraw or cry.
- Mad: rage, angry, frustrated. Someone who is mad might yell or throw a tantrum.
- Upset: uneasy, agitated, worried. Someone who is upset is feeling something negative.
- Happy: a positive feeling that helps us feel good. Someone who is happy might smile or laugh.

Watch the video

Do this next:

- Ask an adult to help you download and print off the next page.
- On the activity page see if you can spot the feeling clues.
- Write or draw a way to show kindness.
- Talk to a grown up about the kindness choices you made.
- Remember you can use words, pictures, sounds, and emojis to spread kindness.
- Have fun!

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KINDNESS ONLINE

Circle the feeling clues. Write or draw the feelings you see, and ways you can show and share kindness.

Feelings _____
Ways to show kindness:

Feelings _____
Ways to show kindness: