



UNDERSTANDING EMPATHY
Grades: 2-5
Wed-Fri, 11 -13th March 2026

INTENT:

The wellbeing session aimed to help students understand what empathy is and why it is important. Students were encouraged to see situations from others' perspectives, recognize feelings different from their own, and explore simple ways to respond with kindness and support in everyday interactions with peers, teachers, and family.

EXPERIENCE:

The session was interactive, with students watching a short video that illustrated real-life examples of empathy. After the video, students engaged in reflective discussions, sharing what they noticed about how people felt in different situations. They discussed why it is important to try to understand others' feelings and perspectives. Students were able to identify emotions such as happiness, sadness, and frustration, and explained how these emotions might affect people's actions. Many students shared personal experiences where they or someone they knew acted empathetically. Reflection questions prompted students to think about how they could respond kindly in similar situations. The discussions helped students recognize that empathy can be shown through listening, helping, and offering support to others. Overall, the session encouraged students to be more aware of their own behavior and consider how their actions impact others. Students left the session with a clearer understanding of empathy and practical ideas on how to apply it in school and at home.



INSIGHT:

Students learned that empathy is not just feeling sorry for someone but understanding and connecting with their emotions. They explored ways empathy can be expressed, such as listening carefully, helping others, showing consideration, or being joyful for someone else's achievements or happiness. The session highlighted how empathy contributes to stronger friendships, respectful behavior, and a caring classroom environment. Students also reflected on how celebrating others' successes and happiness is an important part of showing care and building positive relationships.

