

# Be an Empathy Superhero!



## An Activity for Young Learners and their Grown-Ups

### Be a Super Hero!

When you think of a super hero, what images come to mind? Draw some below!

# Be an Empathy Super Hero



## What Makes a Super Hero?

Super heroes have super powers. What are some super powers you know?

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Do you know of anyone who is a hero in your life but doesn't have any super powers? Can you share?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Here are some words that can describe super heroes. Which word do you think is the most important quality for super heroes to have? Circle it and describe why it's important below.

**Brave**

**Kind**

**Caring**

**Patient**

**Thoughtful**

**Strong**

**Powerful**

**Trustworthy**

**Nice**

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# Be an Empathy Super Hero



## What is Empathy?

Empathy is the ability to sense and imagine what other people are feeling. When we have empathy for others, we can be kind to others by responding to their emotions in a way that makes them feel happy or comforted.

## Be an Empathy Hero

Super heroes have empathy. They can understand what others are feeling, and always work to be kind. What if you could be a super hero just by **having empathy**? Draw a picture of yourself as an Empathy Super Hero: