

EMPATHY ACTIVITY

HELPFUL - HURTFUL - NOT HELPFUL - KIND (PT. 2)

Superheroes are role models, meaning people look to them to see the best way to act. As a superhero, it's very important for you to understand your impact on others, including the impact of your words.

Being **kind** means being considerate of others feelings, showing them you care. A **hurtful** statement is one that is mean or hurts someone's feelings. A statement that is **helpful** provides assistance, serves to meet a need, or is useful in achieving a goal. Just because something is kind or not hurtful, doesn't mean it's helpful or the right thing to say. And just because something's **not helpful**, doesn't make it hurtful.

Directions: Cut out the cards on the dotted lines. Read the situation and statement on each card. Sort the cards into four piles based on whether you think that statement is helpful, hurtful, not helpful, or kind for that situation.



Bali is worried that other people think she's not powerful because she's a girl and likes typically "girly" things.

"Girls and women are super powerful! You can like "girly" things AND be a great superhero."



Chamelo got yelled at by the teacher in front of the class today for something a bunch of other kids were doing, too. He's embarrassed.

"Next time don't act that way, and you won't get yelled at."

Salvo heard that people are spreading a rumor about her.

"Yeah I heard that rumor! They were saying other bad stuff, too. Is it true?"



Nickels has trouble with math, especially problems that involve currency or money.

"Wow! You can't do problems with currency and your name is Nickels!"



Ditto is worried about his tryouts for the basketball team. Kids with other powers like super speed will do better than him.

"You could make a whole team by yourself with your power! You've got this."



You see your classmates picking on Cyanne for her short haircut.

"You pick on other people all the time, so you deserve to be picked on, too."

Harry didn't get invited to a birthday party. He thought the birthday boy was his friend.

"I got invited. I can't wait to go. It's gonna be a lot of fun!"



Jingshen is shy and gets nervous speaking in public. She has to read a poem in front of the class tomorrow.

"I'll sit with you at recess, and you can practice reading it to me to get more comfortable."



Kai's pet snake is lost. He's really worried.

"Why would you want a snake for a pet anyway? They're gross!"



Gopher is great at fixing gadgets. But people are always asking him to fix their stuff, and it takes up a lot of his time.

"It's okay to say no sometimes. Just because you're good at something, doesn't mean you need to do it for everyone."



Piedra usually sits with her four good friends at lunch, but two of them are out sick and the other is on a field trip.

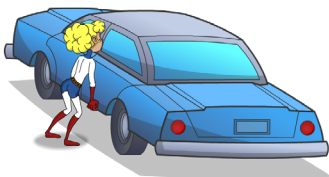
"I had to eat lunch alone my first day of school here. It was terrible!"

Kunststoff tells you he's ashamed that he failed the powers training test today.

"With a little more practice, you'll ace it next week. I can come practice with you, if you want."



Brio has super strength, and she accidentally kicked the kickball into outer space.



"You shouldn't be so careless with your powers! Now you ruined the game for everyone!"



Larkin is praised in class for her multimedia project. You think yours was better.

"You're such a teacher's pet. Your project wasn't even good, you just suck up to the teacher all the time."



Bolton has a hard time controlling his powers. Sometimes he shocks people a little when shaking hands or high-fiving.

"We all struggle with controlling our powers sometimes."