

Lesson Concepts

- People can have different feelings about the same situation.
- People’s feelings can change.
- *Empathy* is feeling or understanding what someone else is feeling.

Key Words

Same, different, empathy, before, after

Why This Lesson Matters

This lesson helps students expand their understanding of emotions. Elementary students may misinterpret how someone else feels if they assume others react and feel the same way they would. Understanding that people can have different feelings in similar situations, and that these feelings can change, helps students develop empathy and perspective taking—key prerequisites for compassion, conflict avoidance, and success with peers.

Using Skills Every Day

Have students ANTICIPATE situations when



Home Link Reminder

Collect the Lesson 5 Home Link.

others might feel different from them or when feelings could change.

Notice when students identify same and different feelings or that feelings have changed, and REINFORCE the behavior with specific feedback: **Before we went on the field trip, I noticed you looked worried. After the field trip, you look happy. Your feelings changed!**

- Model acknowledging same and different feelings.
- Remind students that it’s okay to have different feelings, and that feelings can change.

Have students REFLECT on when and how they noticed that others’ feelings were different from theirs, or when others’ feelings changed.

Daily Practice



Teach the lesson.



Play Feelings Factory: Same or Different with increased challenge.



Play “The Empathy Song.” During the day, have students compare their feelings with those of their *Second Step* partner and identify whether the feelings are the same or different.



Play Feelings Factory: Same or Different with increased challenge. Play “The Empathy Song.” Have students discuss how Skills for Learning help you have empathy. Refer to the Skills for Learning poster or cards as needed.



Have students complete the Weekly Skill Check. Sample check-in statements:

- I have empathy for others by feeling or understanding what they feel.
- Noticing how others feel helps me have empathy.



Feelings Factory: Same or Different

Preparation

Have students stand, leaving enough room to move.

Rules

- Rule 1 is, when I say, “Foreman says, ‘Show the same feeling,’” show the same feeling as I do.
- Rule 2 is, when I say, “Foreman says, ‘Show a different feeling,’” show a different feeling from mine.
- Rule 3 is, only show the feeling if I say “Foreman says” first.

Steps

1. Using “Foreman says,” tell students to show the same or different feelings as you do.
2. Omit the words “Foreman says” at random.
3. Play a few rounds. Increase the challenge as desired.

Increasing the Challenge

Attention (A), Working Memory (WM), and Inhibitory Control (IC)

- Have students show the same or a different comfortable or uncomfortable feeling. (A, WM)
- If the feeling is uncomfortable, have students lower hands AND show the feeling. (A, WM, IC)
- If the feeling is comfortable, have students raise hands AND show the feeling. (A, WM, IC)
- Introduce an opposites rule: If you say “same,” students show a different feeling, and vice versa. (A, WM, IC)