**THE EMPATHY TREE**

Do you know what empathy means? It means to understand how people feel.

1. Imagine that empathy is a seed. Draw a picture of the seed.

2. Draw 5 roots under the seed. On each root write a kind act you can do to better understand how someone feels.

3. Draw a big tree with branches and leaves. On each leaf write something positive that comes out of understanding people better.

   - How is it better for you?
   - How is it better for others?
   - How is it better for your community?

Think about how understanding each other better can help you create a kinder world.

For more games and activities visit www.preparecenter.org/kidskit