

Best Empathy Activities for Children



1. Listen to stories that show different emotions and feelings is a simple way to teach empathy.



2. Role-playing is a fun way for children to act out different scenarios and learn how to respond with empathy.



3. Emotion Charades is a fun game where children can act out different emotions for others to guess, helping them to better understand feelings.



4. Practice perspective-taking by asking children questions such as "how does your friend feel?" to help them develop empathy by considering the emotions of those around them.



5. Volunteering as a family is a great way to teach empathy through action and give children a hands-on experience.

