



Empathy Bingo

Empathy means being able to understand the thoughts and feelings of others, or “putting yourself in someone else’s shoes.” The activities in this game teach kids key skills that help them build empathy. They’ll practice noticing and managing their own emotions, thinking about the feelings of others, and considering others’ points of view.

Ages: Four to eleven

How to play: If a child completes the actions in five boxes in a row (horizontal, vertical, or diagonal), they win! Take at least a week for the game, and talk about what they did each time they complete a box.

Play “Feelings Charades” Act out different emotions and have someone guess what you’re feeling	Look in the mirror and make a sad face, angry face, happy face, and surprised face	Give someone a compliment at the holiday party	Talk to someone new at school	Write a list of 5 ways to calm down when experiencing a strong emotion
Ask a friend to play and let them choose the game	Smile at 15 people today	Write a list of 5 things you like about you	Say “Thank you” to the person who makes you lunch	Name how you are feeling. I feel ____.
Write a list of 5 things that make you happy and 5 things that make you angry	If someone looks hurt or upset on the playground, check in with them and ask if they need help	 FREE Create your own act of empathy!	Draw a picture of a time that you felt disappointed	Donate toys and clothes to a shelter for the holidays
Give yourself a compliment while looking in the mirror	Ask someone how their day is going while looking at their face and body for clues	Pick up ten pieces of litter	Pretend to stand in the shoes of someone who is about to go on a roller coaster for the first time. How do they feel?	Identify where you feel anger in your body (hands, chest, tummy, face).
Invite someone to play with you at recess	Write kind holiday cards to kids in the hospital	Practice taking 5 belly breaths (smell the soup, cool it off)	While reading a book, guess how each character is feeling	Ask your teacher if they need help in the classroom