

Empathy Growth Journal Answer Key

Sample Responses

1. When my friend's dog passed away, I listened instead of trying to cheer them up. I realized they just needed someone to understand their sadness.
2. A teacher once noticed I was quiet and asked privately if I was okay. I felt cared for because they didn't ignore my feelings.
3. I once dismissed a friend's worries. Now, I would listen and tell them their feelings are valid.
4. I helped a classmate with homework after they were overwhelmed. They felt relieved, and I felt proud for helping.
5. Empathy means putting myself in someone else's shoes and caring about their emotions. It helps build stronger, kinder relationships.
6. I will sit with someone new at lunch to make them feel included.
7. My goal is to listen before I give advice and to be patient with others' emotions.

Teacher's Guide

- **Differentiation Tips:**
 - Allow oral responses or use a shared discussion format for students who find writing difficult.
 - Provide visual or sentence starters like "I felt...", "They felt...", "Next time I will...."
 - Offer extended time for reflective prompts and emotional processing.
- **Engagement Strategies:**
 - Use calm background music or a mindfulness minute before journaling to promote reflection.
 - Invite volunteers to share one insight (optional) to build peer connection.
 - Relate prompts to current school or community experiences for relevance.
- **Extension Ideas:**
 - Have students track their empathy goals for one week and journal progress.
 - Pair this with a class "Kindness Chain," where students record small daily empathetic acts.