

# EMPATHY ACTIVITY

## HELPFUL - HURTFUL - NOT HELPFUL - KIND

Superheroes are role models, meaning people look to them to see the best way to act. As a superhero, it's very important for you to understand your impact on others, including the impact of your words.

Being **kind** means being considerate of others feelings, showing them you care. A **hurtful** statement is one that is mean or hurts someone's feelings. A statement that is **helpful** provides assistance, serves to meet a need, or is useful in achieving a goal. Just because something is kind or not hurtful, doesn't mean it's helpful or the right thing to say. And just because something's **not helpful**, doesn't make it hurtful.

**Directions:** Cut out the cards on the dotted lines. Read the situation and statement on each card. Sort the cards into four piles based on whether you think that statement is helpful, hurtful, not helpful, or kind for that situation.



Bali's powers failed while trying to capture a villain, and he got away.

*"I know those civilians are thankful you were around to chase him off. You did your best."*



Ditto has trouble getting to class on time, and is embarrassed walking into class last.

*"Can you not tell time or something?"*

Salvo tells you that she's worried about the powers expertise test tomorrow.

*"I heard that test is really hard."*



Nickels is on the baseball team, and he's worried about a big game this week.

*"I'll help you practice after school this week to make sure you're ready."*



Chamelo broke his leg and struggles to carry his books while on crutches.

*"I'll walk with you to class and carry your books for you."*



You see some classmates making fun of Cyanne's new haircut and color.

*"They're right you know. Your hair looked better before."*

Harry is worried that his power isn't good enough to make it as a superhero in the real world.



*"I can see why you're worried. Growing a bunch of hair isn't the best super power to have."*

Jingshen is a new student and is nervous that she's too shy to make new friends.



*"You can sit with my friends and me at lunch."*

Kai wants to try out for the school play. He doesn't think he's good enough for the lead, so he's looking for a small part.



*"You're so talented, Kai. Even if you don't get the lead, you'll have tried your best."*



All of Gopher's gadgets were stolen from his locker, and he's very upset.

*"I've gathered a team of heroes. We'll get your gadgets back safe and sound."*



Piedra didn't get invited to a birthday party. She thought the birthday girl was her friend.

*"Oh yeah, I heard her talking about you yesterday. You actually thought she liked you?"*

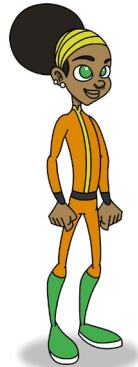
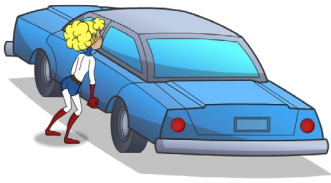
Kunststoff tells you that he's ashamed because the bank robber he was chasing got away.



*"I think I heard about that robbery on the news! It looked pretty wild."*

Brio has super strength, and she accidentally ripped the door off her classroom.

*"If we put our skills together, we can get the door back in place."*



Larkin won superhero student of the month. You were also a finalist.

*"Congratulations Larkin! You deserved the award."*



Bolton accidentally zapped all of his electronics with his power, making them all useless.

*"You shouldn't be so careless with your powers if you don't want your stuff to break."*