Feelings Detective

Read each clue. How might the person feel? What could you say or do?

Name: _____ **Date:** _____



Clue 1

Maya's tower of blocks just got knocked over by a classmate.

They might feel: _____

My clue was: _____

I could say or do: _____

_____



Clue 2

Jalen is standing alone at the edge of the playground at recess.

They might feel: _____

My clue was: _____

I could say or do: _____

_____



Clue 3

Ava just found out her grandma is coming to visit this weekend.

They might feel: _____

My clue was: _____

I could say or do: _____

_____



Clue 4

Leo's name was not called when the team captains picked players.

They might feel: _____

My clue was: _____

I could say or do: _____

_____



Clue 5

A new student does not know where the lunchroom is.

They might feel: _____

My clue was: _____

I could say or do: _____

_____



Clue 6

Sam studied hard and got the best score he has ever had.

They might feel: _____

My clue was: _____

I could say or do: _____

_____



Feelings word bank

happy · proud · excited · calm · sad · lonely · left out · embarrassed · worried · nervous · frustrated · angry · disappointed · surprised · hurt · confused

The clue that was hardest to read, and why: _____

A time I felt like one of these kids: _____

Original layout by Lotus & Tulip. A teaching tool for school, counseling and home, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/empathy-worksheets-for-kids.html

Walk in Their Shoes

The same moment can look very different from the other side. Fill in both.

What happened: _____

	Me	Them
I see What did each person see or notice?		
I think What might each person be thinking?		
I feel What might each person be feeling?		
I need What might each person want or need?		

Check it out

Guesses can be wrong. Ask: "How are you feeling about it?"

What they told me: _____

My kind response

I could say: _____

I could do: _____

After my kind response, they seemed: _____

Something I understand now that I did not before: _____

Next time, I will remember to: _____

Original layout by Lotus & Tulip. A teaching tool for school, counseling and home, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/empathy-worksheets-for-kids.html

Empathy in Action

Empathy is noticing, listening and then doing something kind. Track it this week.

Week of: _____

Day	I noticed (who, what feeling)	I listened or asked	I did or said
Mon			
Tue			
Wed			
Thu			
Fri			

A time someone showed empathy to me: _____

Kind response cards: cut out, keep a few in your pocket or on your desk.

That sounds really hard.

Do you want to talk about it?

Do you want to sit with me?

I'm sorry that happened.

How can I help?

You seem upset. Are you okay?

I would feel that way too.

Thanks for telling me.

Original layout by Lotus & Tulip. A teaching tool for school, counseling and home, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/empathy-worksheets-for-kids.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Social Skills Small Group Curriculum for School Counselors, Grades 2 to 5

Holiday sale on Etsy until Dec 2: about $11.04, was $14

Get it on Etsy

etsy.com/listing/4607427859 | instant digital download

See every page first: lotustulip.com/social-skills-small-group-curriculum.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.