

MY NAME _____

MY MOOD TODAY (CIRCLE)




CHARACTER
ACTIVITY
SHEET

READ WITH EMPATHY



EMPATHY is understanding and sharing other people's feelings. Understanding other people's feelings starts with looking at situations from their perspective. When you read, you can grow your empathy skills by paying close attention to what a character is feeling.

DIRECTIONS: Choose a character in a book you are reading. Write your answers to the following questions as you empathize with the character. Use evidence from the text in your responses.

Title of Book: _____ **Name of Character:** _____

1. What is an event in the book that causes the character to have a strong emotion?

2. How does the character feel? Use specific emotion words to describe the feeling.

3. How do you know that the character is feeling that way? Identify clues in his or her expressions, thoughts, words, actions, or appearance.

4. Do other characters understand how the character is feeling? How do you know?

5. How do you think you would feel in that situation? Would your response be the same as the character's response?

6. What could the character do to be more comfortable with this feeling? What would you do to support the character?

REFLECT: Write your responses on a separate sheet of paper.

1. How did empathy help you understand the story better?
2. How can empathy help you understand yourself and others better?



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Use this paper to answer the Reflection Questions or if you need more space to write your response on any of the other questions.