



RANDOM ACTS OF KINDNESS

ECHOES OF EMPATHY STUDENT WORKBOOK

When we listen, we connect

Grades K-6th

Riverside Medical Clinic
CHARITABLE
foundation





2025

As part of Random Acts of Kindness Week, we are celebrating how empathy can shape our interactions and inspire acts of kindness that ripple far beyond a singular moment. Whether it's a listening ear, a helping hand, or a simple gesture of understanding, each act of kindness echoes through the lives of those it touches, creating a chain reaction of positivity.

TABLE OF CONTENTS

| | |
|----|-----------------------|
| 01 | Empathy Acrostic Poem |
| 02 | Empathy Comic Strip |
| 03 | Empathy Word Search |
| 04 | Empathy Crossword |
| 05 | Empathy Shoes |
| 06 | Empathy Matching Game |
| 07 | Empathy In Action |

**RIVERSIDE MEDICAL CLINIC
CHARITABLE FOUNDATION**

WHEN WE LISTEN.
WE CONNECT

RANDOM ACTS OF KINDNESS

ECHOES OF EMPATHY

EMPATHY

ACROSTIC POEM

Direction: Write an acrostic poem about empathy! An acrostic poem uses the letters in a topic word to begin each line. All lines of the poem should relate to being empathetic.

E

M

P

A

T

H

Y

EMPATHY COMIC STRIP!

Create a comic strip that tells a story about empathy.

In your comic, draw a situation where someone needed understanding or kindness (for example, feeling left out at lunch). Then, draw how someone else showed empathy to help (like inviting them to join their lunch table). Use your drawings and dialogue to show how small acts of kindness can make a big difference to someone who needs a little kindness.



EMPATHY WORD SEARCH

Find the hidden words.

Answer Key

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| H | Z | O | C | E | V | T | R | O | P | P | U | S | X | F |
| G | G | C | O | A | A | S | C | I | L | M | P | Z | F | U |
| N | J | H | N | B | R | A | V | E | R | Y | I | A | R | C |
| I | Q | O | S | R | M | C | C | F | P | R | C | P | I | O |
| N | Z | N | I | Y | W | G | A | R | D | S | N | A | E | M |
| E | E | E | D | N | L | G | N | I | P | L | E | H | N | P |
| T | X | S | E | A | Z | I | X | G | T | L | C | R | D | A |
| S | B | T | R | L | I | P | A | N | A | A | N | Y | S | S |
| I | T | Z | A | S | U | H | O | I | D | A | I | S | H | S |
| L | R | Y | T | I | N | B | O | R | T | S | H | G | I | I |
| U | U | X | E | I | E | M | P | A | T | H | Y | A | P | O |
| S | H | A | R | I | N | G | U | C | P | O | Z | T | G | N |

EMPATHY

LISTENING

SUPPORT

FRIENDSHIP

CARING

SHARING

HONEST

CONSIDERATE

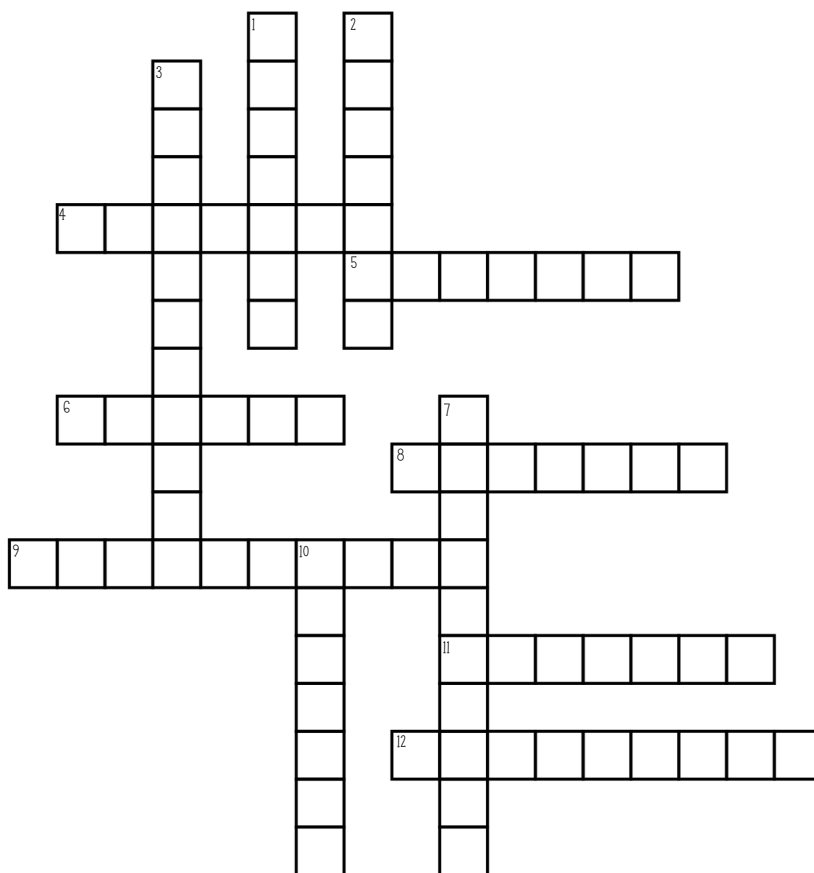
RESPECT

HELPING

BRAVERY

COMPASSION

EMPATHY CROSSWORD



Down:

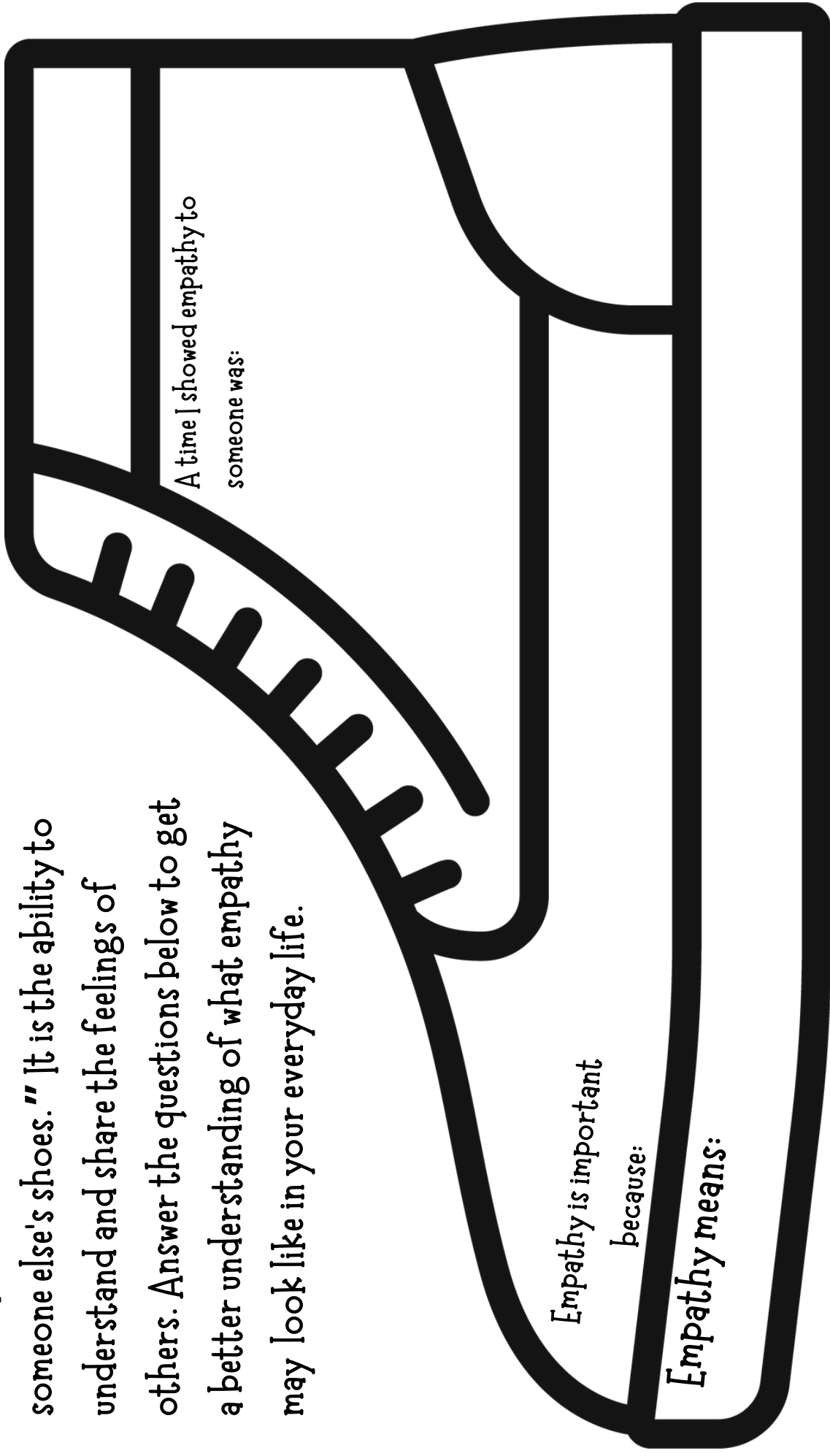
1. Standing up to bullying behaviors and being an upstander takes _____.
2. To put yourself in someone else's shoes, you show _____.
3. Thinking about how your actions affect others shows you are _____.
7. When you care about how someone feels and want to help, that is showing _____.
10. Being there for someone during hard times shows _____.

Across:

4. Treating others the way you want to be treated is called _____.
5. Lending a hand when someone needs it is called _____.
6. _____ means showing kindness and concern for others.
8. _____ is when you are being truthful and sincere.
9. A _____ is when two people are in a close, supportive, and caring relationship.
11. When you understand how someone else feels, it's easier to show kindness by _____ what you have.
12. Good friends are great at _____ to understand how you feel.

EMPATHY SHOE

Empathy is described as “stepping into someone else's shoes.” It is the ability to understand and share the feelings of others. Answer the questions below to get a better understanding of what empathy may look like in your everyday life.



A time I showed empathy to
someone was:

Empathy is important
because:

Empathy means:

EMPATHY MATCHING GAME

EMPATHY IS OUR ABILITY TO UNDERSTAND HOW SOMEONE ELSE FEELS AND TO SHOW THAT WE CARE AND UNDERSTAND.

EACH BOX ON THE WORKSHEET HAS A SHORT STORY ABOUT A CHILD EXPERIENCING AN EMOTION. THINK ABOUT WHAT'S HAPPENING AND HOW THAT MIGHT MAKE THE CHILD FEEL. THEN, DRAW A LINE FROM THE EMOTION TO THE SCENARIO THAT YOU THINK FITS BEST.

Excited

Ashley got her test result after studying all week and she got an A+. How do you think Ashley is feeling?

Scared

How would someone feel if another person came up to them, grabbed their toy, and broke it in front of them?

Happy

James has been talking all week about the trip he has really wants to go on. How does James feel about going on his trip?

Surprised

How would someone feel if their family threw them a birthday party with all their friends, without them knowing?

Mad

Dylan has to give a presentation in front of the class and feels nervous he'll make a mistake. How do you think Dylan is feeling?

EMPATHY IN ACTION

DESCRIPTION

Empathy is an important skill that helps us understand how others feel and see things from their point of view. In this activity, you'll learn more about what empathy means and think about ways you can practice it every day.

STORY

John and Kim were on their way to the park to play kickball with their friends when they noticed Caleb sitting alone on a bench. As they passed by, John asked, "Hey! What are you doing at the park?" Caleb replied, "I came to play soccer with some friends, but no one showed up. I've been waiting for 30 minutes."

Remembering how it feels to be left out. Kim said, "Why don't you come play kickball with us?" Caleb agreed and joined their group. It turned out to be the best decision. He had a great time and made new friends!

QUESTIONS

- How do you think Caleb felt while waiting alone at the park?
- Why do you think Kim invited Caleb to join their group?
- Have you ever felt left out like Caleb? How did it make you feel?
- How did Caleb's day change after joining John, Kim, and their friends?

USE THE SPACE BELOW TO ANSWER THE QUESTIONS.

CONTINUE...

HOW CAN PRACTICING EMPATHY MAKE OUR COMMUNITY A BETTER PLACE?

[illegible]

9 WAYS TO ENGAGE IN EMPATHY



Respect others'
Feelings

Be Kind

Actively
Listen

Encourage
others

Offer
Help

Be
Supportive

Be
Patient

Avoid
Judging

Try To
Understand

