



SCHOOLTM
SMILING • CALM • HEARTS • OPEN • OUR • LEARNING

Classroom Group Activity

Invention that Helps Animals

Prep ---- Have paper, pencils, crayons, or markers available for students to draw and/or write about an invention that helps an animal or animals.

1. Teacher asks students to sit at their desks, facing the front.
2. Teacher says, “Let’s sit in Easy Pose, nice and tall, and with our Smiling Calm Hearts ready.”
3. Teacher shows students the lesson image below of Fernando’s paws and the blue diamond heart.
4. Teacher says, “Ms. Kelly used Calm Breathing Calm Hearts to have **EMPATHY** for Fernando. She remembered that Fernando was still learning and might make a mistake and scratch the new rug again. Ms. Kelly imagined standing in Fernando’s shoes/paws and how Fernando might feel while learning something new. She had **EMPATHY** for Fernando. Calm Breathing Calm Hearts helps us have **EMPATHY**.”
5. Teacher writes the word **EMPATHY** on the whiteboard.
6. Teacher asks students:

What does it mean to have EMPATHY?

EMPATHY means to imagine how someone feels and show kindness or Calm Hearts.

Animals cannot tell us what they need with words. How can we pay attention and try to understand what an animal might need?

7. Teacher reminds students that **EMPATHY** means thinking about how others feel and showing kindness.

8. Teacher tells students they are going to become inventors! Each student will imagine an invention that could help one animal or many animals.
9. Teacher asks students to first think about an animal and what it might need. Then students draw their invention, write about it, or do both. Their inventions can be realistic or imaginative.
10. Teacher encourages students to think about:

What animal or animals does your invention help?

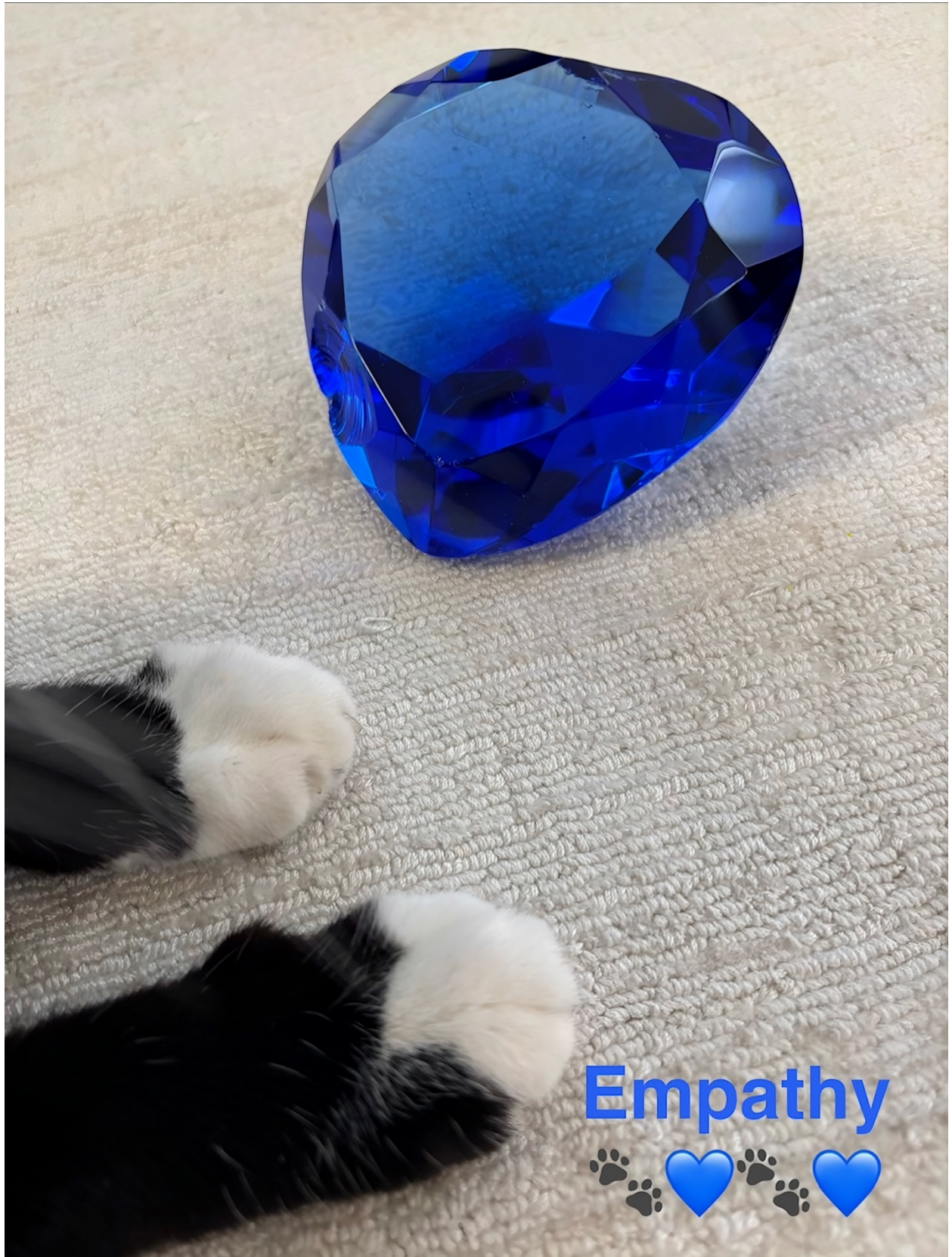
What might the animal need?

How does your invention help?

How does your invention show EMPATHY for the animal?
11. When students finish, invite volunteers to share their inventions with the class and explain how their ideas could help animals.
12. Teacher reminds students that we use EMPATHY to help people and animals.
13. Close the activity with 7 rounds of Calm Breathing with hands in the Calm Hearts gesture at the center of the chest. 🧡✨🧡✨🧡✨

Notes for Teachers:

1. Remind students that Calm Breathing Calm Hearts can help us pause and consider the feelings and needs of others.
2. Remind students that **EMPATHY** can be for people and animals.
3. Encourage imagination. An invention can be creative and perhaps one day be built! The purpose is for students to think about what an animal might experience or need and imagine a way to help.
4. Remind students that we practice Calm Breathing Calm Hearts to open our **LEARNING** together.



Empathy

