

EMPATHY BUILDING CHART

NAME:

WEEK OF:

ACT OF KINDNESS & EMPATHY	POINTS	DONE
Active Listening: Let someone finish speaking without interrupting.	10 pts	☐
Perspective Taking: Asked how someone else was feeling today.	15 pts	☐
Helpfulness: Assisted someone with a task before they asked.	20 pts	☐
Validation: Used words like "I understand why you feel that way."	15 pts	☐
Inclusion: Invited someone who was alone to join an activity.	25 pts	☐

SMALL REWARD (50 PTS)

GRAND REWARD (100 PTS)

Developing emotional intelligence through daily intentional kindness.