Give a Gift with Gabby!

An Activity to Build Empathy and Kindness

Materials

1. This printable (3 pages)
2. Crayons, markers or colored pencils
3. A pencil
4. A partner to listen to: a classmate, friend or family member
5. Optional: stickers, ribbon or an envelope

No scissors or glue needed!

Grades K–5 · About 30 minutes

Instructions

On the next page! (Tip: print page 3 single-sided, it becomes your card.)

Gabby's Lesson on Empathy

Empathy means trying to understand how someone else feels, even when you haven't been through the same thing.

Gabby has a heart of gold. Just like Gabby, you can listen first, imagine how a friend feels, and give a gift that keeps on giving: your kindness.

Feeling Words

happy · proud · calm · excited · hopeful · sad · lonely · left out · worried · nervous · frustrated · angry · tired · confused

Can't find the word? Point to a face, or draw one!

Step 1: Listen first!

My partner's name: _____

1. How are you feeling today?

happy sad worried mad excited

Circle one, or draw your own!

2. What has been hard for you lately?

_____

_____

_____

3. What helps you feel better?

_____

_____

_____

Ask, then really listen! Their words are clues to how they feel.

My Gift Plan

My partner might be feeling _____

because _____

_____

To show I care, my gift will be

_____

_____

_____

Free printable for classrooms and families. Activity © 2026 Alex Grady. Goes with Gabby's Gift by Alex Grady, illustrated by Joshua Suber.

Instructions

Grown-Up Prep (Before You Begin)

- Print page 3 single-sided. It becomes the gift card.
- Pair kids up so everyone has a partner to listen to (a grown-up can be a partner too).
- Younger kids can draw their answers, or a grown-up can write the words for them.

Step 1: Listen First

- Take turns asking the three questions on page 1.
- Listen with your eyes, ears and heart. No interrupting and no fixing: just listen.
- Write or draw your partner's answers.

Step 2: Imagine How They Feel

- Ask yourself: “If I felt that way, what would help me?”
- You don't have to have gone through the same thing to care. Fill in My Gift Plan.

Step 3: Fold Your Card

- Lay page 3 face up. Fold the top half back, behind the bottom half, along the long dashed line.
- Fold it in half again along the short dashed line so “A Gift for You!” is on the front.

Step 4: Design Your Gift

- Decorate the cover and write your partner's name on it.
- Inside, draw or write your gift: kind words, a helping hand, or a promise like “I'll sit with you at lunch.”

Step 5: Give It!

- Hand over your card and tell your partner one thing you heard them say.
- Make another for someone else. Kindness is a gift that keeps on giving!

Talk About It (for teachers and parents)

- What did you learn about your partner that you didn't know before?
- Gabby learns to connect with friends going through things she hasn't faced. How can you care about a feeling you've never had?
- Why can listening be a gift?
- How did it feel to give your card? How do you think your partner felt?

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A Gift for You!

To: _____

fold 2

I listened, and I heard...

Draw how your partner feels, or something that would make them smile.

My gift to you is...

From: _____

Gift ideas

a kind word · a helping hand · a game together · a promise to listen

fold 1

Made with empathy by

_____

Inspired by Gabby's Gift by Alex Grady

avgrady.com