

All About Empathy

Parents,

Hello! Here at school, we have been very busy learning about empathy- what it means, and how we can show empathy to others! Learning happens best when it is done both at school and at home. Below are many ways that you can help your child continue to learn about the theme of empathy through reading about it, talking about it, and practicing it! We have really enjoyed exploring this topic at school, and I hope your family will enjoy it just as much!

Read About It!

Here are some books to help you learn more about empathy:

- Hey, Little Ant by Hannah and Phillip Hoose
- What's Wrong With Timmy? by Maria Shriver
- Everyone by Christopher Silas Neal
- The Journey by Francesca Sanna

Practice It!

Help your child practice considering the needs of others. When you are watching TV or reading books, ask your child what he/she thinks the characters are feeling, and what they might need in that situation. What could you say or do to help that person?

Talk About It!

Here are some discussion points to help you talk about empathy with your child:

- What does it mean to be empathetic and why is it important?
- Is it easy or difficult for you to have empathy for others?
- Tell me about a time when you were empathetic towards someone else.
- Tell me about a time when someone else was empathetic towards you.
- What would the world be like if people considered the feelings of others more often?
 - How can you tell how someone else may be feeling?
 - How can you tell what someone else may need?