

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! What a great time of year to learn and practice having empathy! 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 are enjoying exploring this topic at school, and I hope your family will enjoy it just as much!

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Read About It!

Go to this website for a list of 10 picture books about empathy:

<http://www.whatdowedoallday.com/2015/08/picture-books-to-teach-empathy.html>

Some of the books from the website above are included:

Last Stop On Market Street by Matt de la Pena

<https://www.youtube.com/watch?v=uOXez4mN7oU>

The Spiffiest Giant in Town by Julia Donaldson

<https://www.youtube.com/watch?v=RNCKJxE-37Y>

Read About It More!

•*Everyone* by Christopher Silas Neal

[\(\(https://www.youtube.com/watch?v=CP5-e7TjuSQ\)](https://www.youtube.com/watch?v=CP5-e7TjuSQ)

Hey, Little Ant by Hannah and Phillip Hoose

[\(\(https://www.youtube.com/watch?v=ehH6l6v5sYM\)](https://www.youtube.com/watch?v=ehH6l6v5sYM)

A Chair for My Mother by Vera Williams

<https://www.youtube.com/watch?v=wV1ege3jEFE>

Rude Cakes by Rowboat Watkins

•https://www.youtube.com/watch?v=jriZjBRWx_0

Talk About It!

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

- for What does it mean to be empathetic and why is it important?
- Is it easy or difficult 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?

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?