

What is Empathy?

- ❑ Ability to understand other people's feelings and perspectives because you can imagine yourself in their shoes
- ❑ Helps us understand how others are feeling so we can respond appropriately to the situation

Why is it important?

- ❑ Interpersonal relationships- helps build stronger relationships with others
- ❑ Encourages tolerance and acceptance
- ❑ Decreases aggression and bullying
- ❑ A better ability to understand others
- ❑ Promotes good mental health
- ❑ Promotes KINDNESS and COMPASSION
- ❑ Better at dealing with conflict
- ❑ Critical to workplace performance

Mindfulness

- ❑ Mindfulness is paying attention in the present moment.
- ❑ By becoming more aware of our own feelings and thoughts we can begin to become more aware of how others may be feeling. This helps to develop empathy.

Mindfulness Meditation

"Raise your hand and put it on your heart. Now, let your eyes close and imagine someone who makes you happy every time you see them. Think about how you know you are happy. Do you smile or laugh, are you not able to stay still? Now picture that person being very happy, with a smile on their face. Maybe they are doing something they really enjoy. Imagine they are surrounded by calm and peaceful things, and that their heart is calm and peaceful. Now send kind thoughts to that person. When you have finished sending kind thoughts to that person, think about how you feel. When you are ready you may open your eyes."

-derived from Mindful Schools

Social Awareness:

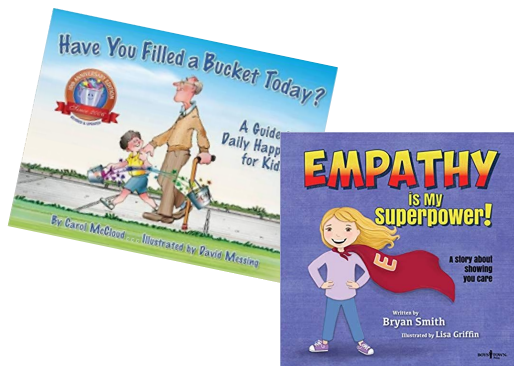
Nurturing Empathy



SEL Parent Academy
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Questions to ask your child

- ☐ Tell me more.
- ☐ How do you feel?
- ☐ How are you impacted by that?
- ☐ What difficulties are you having?
- ☐ What do you enjoy about that?
- ☐ What have you learned about yourself?
- ☐ How did you overcome that?
- ☐ What could you have done differently?
- ☐ What did you do to help someone today?



Questions to ask your child regarding others

- ☐ How do you think they feel/felt? How do you know?
- ☐ Think about how you would feel in that situation.
- ☐ Have you ever felt that way?
- ☐ What was helpful for you?
- ☐ How can you be a good friend or help them?
- ☐ What would you do?



Recommended Book List

Each Kindness - Jacqueline Woodson
We're All Wonders - R. J. Palacio
Empathy is My Superpower! A story about showing you care - Bryan Smith
I Am Human: A book of empathy - Susan Verde
The Sandwich Swap - Queen Rania Alabdullah
Have You Filled A Bucket Today? A Guide to Daily Happiness For Kids - Carol McCloud
How To Lose All Your Friends - Nancy Carlson
Can I Play Too? - Mo Willems
Just My Friend and Me - Mercer Mayer
Recess Queen - Alexis O'Neill & Laura Huliska-Beith
Cliques Just Don't Make Cents - Julia Cook
Weird! Series - Erin Frankel
The Invisible Boy - Trudy Ludwig
You, Me, and Empathy - Jayneen Sanders
Those Shoes - Maribeth Boelts
Stand in My Shoes - Sornson
Chocolate Milk, Por Favor!: Celebrating diversity with empathy - Maria Dismondy
Empathy - Katie Marsico