

EMPATHY

Parent Resource

What is empathy?

Empathy means understanding how and why others think, feel and act.

In grades three through five, children begin:

- ✓ Identifying the skills needed to work with others successfully.
- ✓ Understanding how attitudes and thoughts can impact friendships.

Below are ways you can help your child learn, practice and demonstrate empathy:

SHARE YOUR PERSPECTIVE

Share with your child about a time when you demonstrated empathy toward someone, for example, when you showed support to a family member or a friend. By sharing your perspective, your child will gain an understanding of what it means to be empathetic.

ASK YOUR CHILD TO SHARE

Demonstrating empathy can be challenging, especially if someone has upset you. Ask your child to share a time when being empathetic was challenging. Emphasize the benefits of being empathetic to others.

SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Volunteering together as a family on a project to benefit the community.



Actively listening to friends and family by making eye contact and not interrupting.



ACTIVITY TO DO WITH YOUR CHILD

Have your child identify a time in school or at home where he or she demonstrated empathy. Discuss how this interaction impacted others.

BY PRACTICING EMPATHY, YOUR CHILD WILL IMPROVE COMMUNICATION SKILLS AND LEARN TO REFLECT, OBSERVE AND THINK ABOUT HIS OR HER OWN BEHAVIORS.

