



EMPATHY

Empathy is being able to identify someone else's emotions and seeing things from their point of view.

REINFORCING THIS SKILL WITH YOUR CHILD:

Understanding and sharing in someone else's feelings can help you know what to say and do to help them feel better.

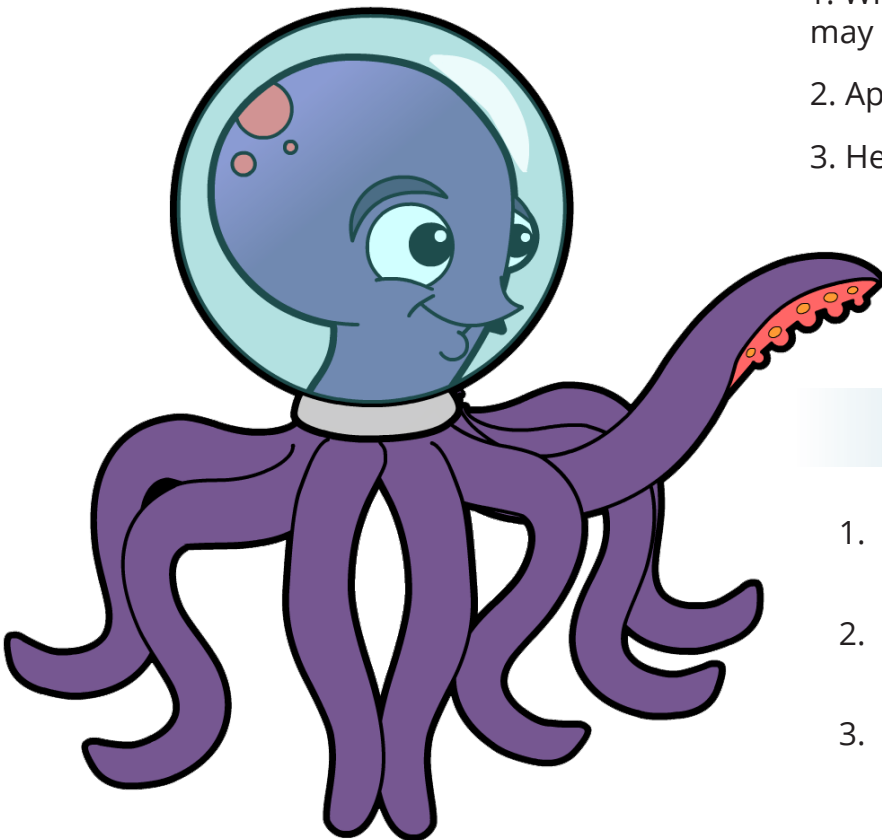
By observing others' behaviors and what's going on around them, you can pick up on important clues that can help you understand their emotions.

Sometimes it's important to put aside what you want in order to help those around you.

Think about what your words say about the care you have for others.

There are three steps to empathy:

1. What does the other person look like they may be feeling?
2. Approach them kindly,
3. Help them consider other ways of thinking.



Podi the Octopus

CONVERSATION STARTERS:

1. Did you ask anyone to join a game with you at recess?
2. Did you notice anyone that seemed to be all by himself? What did you do?
3. Did you recognize how any of your friends were feeling? What did you do when you noticed that?