

# EMPATHY

## Parent Resource

GRADES  
**6–8**

### What is empathy?

Empathy means understanding others' thoughts, feeling and actions.

Teaching your child how to show empathy will help him or her build stronger relationships and contribute to a more positive environment.

In grades six through eight, children begin or continue:

- ✓ Demonstrating effective and respectful communication skills and strategies.
- ✓ Identifying the perspectives, circumstances and experiences of others.
- ✓ Applying active listening in order to respond with empathy.

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

#### DISCUSS EMPATHY IN LEADERSHIP



Discuss how important empathy is in leadership roles. Ask your child when he or she has seen a leader demonstrate empathy. Continue the discussion with your child to talk about instances when the leader did not demonstrate empathy.

#### THINK OF OTHERS



Discuss what it means to “walk a mile in someone else’s shoes.” Your child can practice empathy by discussing what it would feel like to be in a different person’s situation.

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



### SKILLS TO CONSIDER PRACTICING WITH YOUR CHILD:



Responding with empathy in a variety of contexts and situations.



Describing the importance of empathy, kindness, honesty and trust in building and sustaining relationships.



### ACTIVITY FOR YOU AND YOUR CHILD

Think of a situation where you and your child can work together to help someone. For example, your child can donate clothing or other items to a charity, help a neighbor, or collect canned goods for a local food bank. Discuss how you are showing empathy by helping in the community.

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