

# EMPATHY

Parent Resource

## What is empathy?

Empathy means understanding others' thoughts, feelings and actions.

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.**

