

Children will practice Empathy skills at school by:

**Identifying their own and others' feelings by looking at faces, listening to voices and watching what is happening.* (Help your child practice by asking, "You're clenching your teeth and fists; are you mad? Why?")

** recognizing that people may react differently to different situations.* (Help your child practice by saying, "You like to play on the jungle gym, but it scares your friend. What can we do about that?")

**predicting feelings.* (Help your child practice by asking " How do you think your friend might feel when she asks you a question and you don't answer?")

**learning the difference between accidents and things done on purpose.* (Help your child practice by asking, "Do you think he meant to knock over your bike?")

**sharing feelings.* (Help your child practice by sharing your own feelings, "I feel happy when you do your homework on time.")

**understanding and accepting differences in others.* (Help your child practice by saying, "It is OK for your friend to be different from you. You two are alike in some ways, too. How?")

Listening and talking about feelings helps children to be more understanding of others. It can also help to create a more positive classroom environment.

Please contact me if you have any questions about empathy skills or Second Step.

Sincerely,
Michelle Hipsley
School Counselor