

Taking it home: Empathy

Empathy is a skill that underpins all other skills - it's vital to the development of each of us. This month, we are focusing on empathy and challenging students to ensure that everyone they interact with feels seen, heard, and valued. We want to partner with you to grow and develop empathy in your students at home as well. As a family, use these activities to reflect on how to better love and respect yourselves and others.



1. ENGAGE

Affirmation Plate. Designate one plate as the “affirmation plate” at dinner. If possible, choose a plate that is a fun color or has a funky design so it stands out. Rotate it around the family and make sure someone different uses it each night. When someone has the plate, the rest of the family gives that person affirmations...and a lot of them!



3. EXCEL

Neighborhood Walk. As a family, write a few notes of encouragement to uplift or affirm those in your community. Take a walk in your neighborhood or apartment building and leave these notes of encouragement on windshields, doors, or mailboxes to spread a little sunshine.



2. EMPOWER

Family Social Contract. Schedule time to have a family meeting and develop a family social contract together. Ask all members of the family to discuss:

- How do we want to treat each other?
- How do we want to treat each other when there is conflict?

Write down any words you identify as a family (respect, kind, honest) and ask each member to commit to the contract by signing it.

CONVERSATION STARTERS

- Describe a time when someone really listened to you when you were sad, angry, or lonely. How did it make you feel?
- What is something you can do to better listen to others?
- When is it most difficult to listen and be open-minded?

