



EMPATHY

4th Grade Family Connection

PurposeFULL
People

Overview

This month's focus is Empathy. One way to think about Empathy is "understanding and connecting with other people's feelings." Empathy is a practice that can help us grow strong relationships.

Empathy is 1 of 3 traits we will focus on throughout the year that helps students Be Kind. Throughout the school, students will be developing skills like perspective-taking, conflict resolution, and leadership.

In The Classroom

We all experience conflict in life. We need tools to help us navigate conflict successfully. This month, 4th graders will practice using the Tree of Choices to work toward resolving conflict successfully.

1. The Roots of the Tree:

- Identifying if the problem is big or small.
- **Big problems** require assistance from an adult, which usually means someone is being hurt physically or emotionally.
- **Small problems** can be solved on their own without adult assistance.

2. The Heart of the Tree:

- Naming the emotions you are feeling.

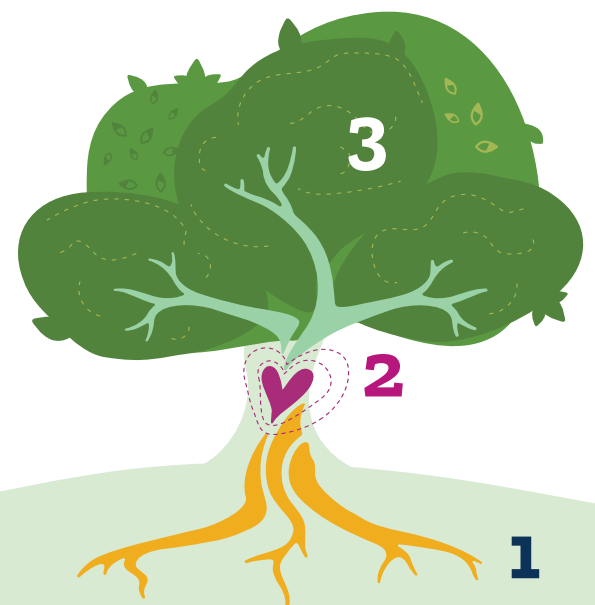
3. The Branches of the Tree:

Make a choice to:

- Move it out (step away from the problem)
- Talk it out (talk through the issue or connect with a friend/trusted adult)
- Breathe it out (practice some strategies that help us calm our emotions before responding in the heat of the moment).

Conversation Starters

- Why do you think practicing Empathy is important?
- Why do you think it is important to use Empathy when practicing conflict resolution?





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PurposeFull Pursuits



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Have some fun connecting as a family this month while practicing Empathy. Here are 3 “PurposeFull Pursuits” for you to complete together. How many can you do this month?

Pursuit #1

At school we use our Emotion Elements to represent different emotions. For us...

- *Wind* represents feeling words like inspired, anxious, playful, and nervous.
- *Water* represents feeling words like concerned, thoughtful, tired, and bored.
- *Fire* represents feeling words like annoyed, overwhelmed, excited, and scared.
- *Earth* represents feeling words like motivated, focused, confident, and proud.

As a family, create your own poster showing different emotions. **For Example:** you could use emojis to represent different emotions and label them. Hang your poster in a central location. Each day, designate a time that your student will do an emotion check-in and tap the feeling they felt the most that day. This reminds your student of the emotion vocabulary they are learning at school and gives you insight into how they are feeling. Understanding other people’s feelings can help us grow in Empathy.

Pursuit #2

Review Empathy as a family! Remember that Empathy is understanding and connecting with other people’s feelings. Schedule a family movie night so that you can specifically watch for feelings and emotions. Let everyone know that you’d like them to point out how the characters in the show are feeling and that you will pause periodically to discuss Empathy. As emotions are identified, invite one another to Empathize by sharing about a time they felt that way or imagining how they might be feeling in that moment.



Pursuit #3

Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Empathy. Take turns sharing responses to the following prompts or make up your own! Remember to practice Empathy as you listen to each other.

Celebration Prompts:



- What is 1 way a family member has shown you Empathy lately?
- Share about a time you worked with a family member to resolve a conflict successfully.

