



EMPATHY

PurposeFULL
People

Kindergarten Family Connection

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

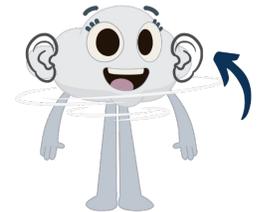
Listening to others is an important life skill - and it takes practice! In Kindergarten, we are focusing on listening skills this month. Being a good listener is also an important way to practice Empathy.

We will learn and practice these Whole Body Listening strategies at school. Try them at home with your student!

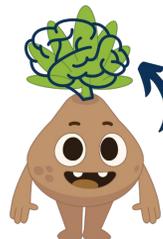
1. Eyes are watching (point to your eyes)
2. Ears are listening (cup your ears)
3. Brain is focused (point to your brain)
4. Heart is caring (put your hand on your heart)



Eyes are watching



Ears are listening



Brain is focused



Heart is caring

Conversation Starters



- Can you share or show what listening with your whole body means?
- Why do you think it is important to use Whole Body Listening when practicing Empathy?



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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...

- *Bree* represents emotions like silly, nervous, playful, or distracted.
- *Brooks* represents emotions like sad, lonely, tired, or embarrassed.
- *Ember* represents emotions like angry, frustrated, excited, or scared.
- *Terra* represents emotions like calm, focused, proud, or happy.

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 when you felt like someone really listened to you.

