



Hi Families,

This week in our Empathy lesson, we investigated the benefits of showing empathy and the role of oxytocin. We explored how empathy is practised through acts of kindness, and then created a model of a brain cell to explain oxytocin's role in the body.

Developing empathy helps us to identify, understand and feel what another person is feeling. When we practise empathy by doing something kind for someone else, our brain releases oxytocin. This results in an increase in our self-esteem, confidence, energy levels, positivity and overall happiness.

TRY IT AT HOME FAMILY ACTIVITY:

## CONTINUOUS COMPLIMENTS

### YOU WILL NEED:

- Ten minutes together as a family (on a walk or during dinner works well).

### WHAT TO DO:

- As a family, take turns giving each other a compliment or describing something you appreciate them for.
- However, before giving someone else a compliment, you have to give yourself one first to practise and model positive self-talk.
- Continue until each family member has said three compliments about themselves and three compliments to others.

### Family Empathy habit builder:

Every night at dinner, have each person thank another family member for something they've done or said today, or give another family member a compliment.

We would love to see what you are doing at home. Please share some photos or let your child's teacher know what you have enjoyed.