



EMPATHY & KINDNESS

Working on empathy helps us to identify, understand and feel what another person is feeling. When we show empathy or we do something kind for someone else, our brain releases oxytocin. This leads to us increasing our self-esteem/confidence, energy levels, positivity and overall happiness.



Empathy has no script. There is no right way or wrong way to do it. It's simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of 'You're not alone'. - Brené Brown

You can practise empathy in a variety of ways. Below are some ideas you could have a go at doing with the family.

Kindness Walk

Head out for a walk and challenge the people you are walking with to see how many acts of kindness you can accumulate together while on your walk. Afterwards, discuss how it made you feel.

Support A Charity Or Organisation

Together as a family choose a charity or organisation you would like to support. This may be something you are passionate about or a cause you feel is in need.

- Research the best way you can support this cause.
- As a family, make a plan of what you are going to do.
- Work together to support your charity or organisation.

Neighbourhood Kindness Challenge

This is a great way to show kindness and build connection with your neighbours:

- Offer to walk your neighbour's dog or go for a walk with them.
- Take your neighbour's bins out or bring the bins in for them.
- Offer to do some gardening for them.
- Cook or make a neighbour a meal or some treats.
- Write a little kindness note and place it in their letterbox.
- Make a gift and deliver it.
- Stop and have a chat with your neighbour and ask how their day is going.



Listen Empathetically

Listening is a big part of being empathetic. If you haven't already listened to Lael Stone on the imperfects podcast talking about listening and responding to children with empathy and compassion, check it out!

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