



Hi Families,

This week in our Empathy lesson, we discussed how to show empathy towards others facing challenges. We learned about the acronym ACT: ‘acknowledge’ the challenge, ‘be a companion’ by listening attentively, and ‘talk’ with them. These strategies help us support and empathise with others during difficult times.

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: **EMPATHY SUPERHERO**

YOU WILL NEED:

- Time together as a family.
- Blank piece of paper or poster paper.
- Pencils and texas.

WHAT TO DO:

- Gather together as a family and have a discussion about what it means to be empathetic. Some discussion may be:
 - » Identifying others’ feelings and emotions.
 - » Identifying our own feelings and emotions when we observe how another person is feeling.
 - » Acts of empathy/kindness (a time when you have shown empathy or kindness).
- After this discussion, talk about what characteristics or character strengths you need to be empathetic.
- As a family, design an ‘empathy superhero’. Label your superhero with the different characteristics it needs to be empathetic.
- Don’t forget to create a name and a motto for your superhero!

Family Empathy habit builder:

When you are sitting around the dinner table, discuss what acts of empathy/kindness each family member has shown that day or week. Talk about how it made them feel.

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.

