



Hi Families,

This week in class, we explored empathy by discussing how we can identify how other people are feeling. We talked about different feelings and what those feelings look like (eg: sad = sad face, crying or annoyed = angry face, crossed arms, etc). Then we brainstormed some ways we could help people try to turn their feelings around by making them happy.

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.

TRY IT AT HOME FAMILY ACTIVITY: **HAPPY HELPERS**

YOU WILL NEED:

- Time together as a family.

WHAT TO DO:

- Together as a family, discuss what the following feelings would look like and sound like. Go through one at a time:
 - > Sad
 - > Angry
 - > Annoyed
 - > Frustrated
- Talk about what you could do or say to someone who was feeling this way. How could you help them to feel better? Come up with statements you could use (eg: Are you okay? Can I help you?) or other creative ideas like telling jokes or making them laugh.
- Then, talk about how it would feel to help someone feel better.
- You could even talk about a time that someone has helped a member of the family feel better.

Family Empathy habit builder:

When you are sitting around the dinner table, discuss which acts of kindness each family member has done 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.