



Hi Families,

This week in our Empathy lesson, we explored how meaningful and heartfelt compliments have the power to uplift and empower others. We learned ways we can compliment the character strengths of others, and then described the emotions we experienced when giving and receiving compliments.

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: **KINDNESS TREE**

WHAT TO DO:

- As you are sitting around the dinner table, give each family member a leaf template to write something kind about another family member. You may choose to do more than one leaf each.
- When complete, share the leaves with each other.
- Discuss how it felt to hear the kind messages and how it felt to write kind messages for others (showing empathy and kindness).
- Use the leaves and brown paper to create your own family tree of kindness to display in your home. You could continue to add or replace leaves over time.

YOU WILL NEED:

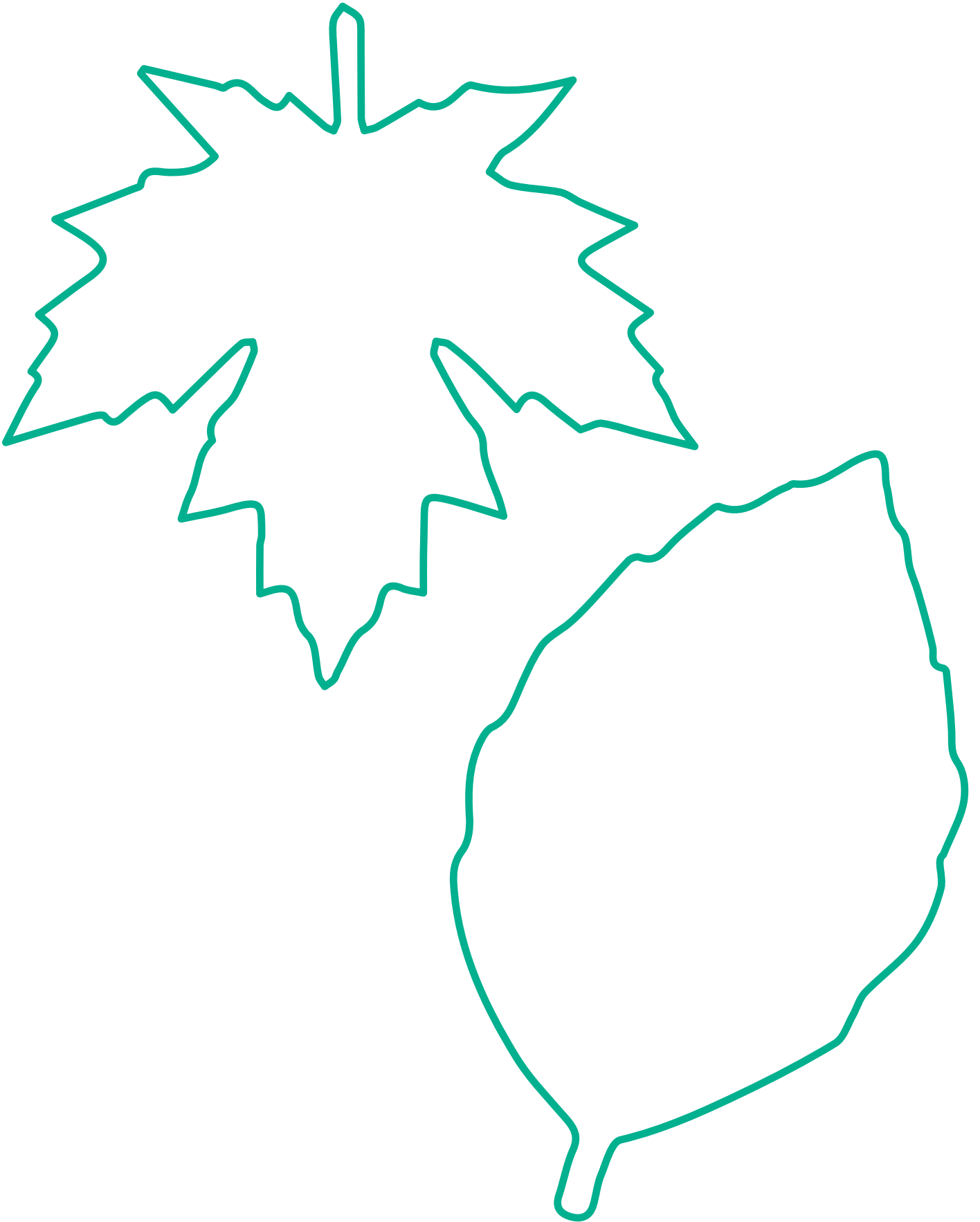
- Time together as a family.
- Leaf template or create your own.
- Brown paper (could be brown paper bags scrunched up).
- Pencils and textas.

Family Empathy habit builder:

When you are sitting around the dinner table, discuss what 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.

KINDNESS TREE



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