

Social and Emotional Learning (SEL)

Showing Empathy

Overview:

Empathy is the ability to share and understand the feelings of others. During this time, we see countless images of people helping others, and showing empathy. Active listening and extending concern to others are critical steps to building empathy.

Objectives:

Your child will learn techniques for showing empathy and how to care for others.

Child Goals:

I can recognize signs of empathy in things I watch, read, or hear. I can also recognize my ability to be empathic to others.

Vocabulary: social awareness, empathy, active listening

Learn- 5 minutes

It is important to understand the range of experiences of others and to try to empathize what they are going through. Active listening is an important technique that will help build empathy. Active listening is a strategy where someone uses verbal and non-verbal responses to let the other person know they are paying attention and care what they are saying.

Discuss Questions:

- What are examples of active listening?
- How does it make you feel when you know someone is listening to you when you share your thoughts or feelings?
- What are NOT good examples of active listening?

Practice-15 minutes

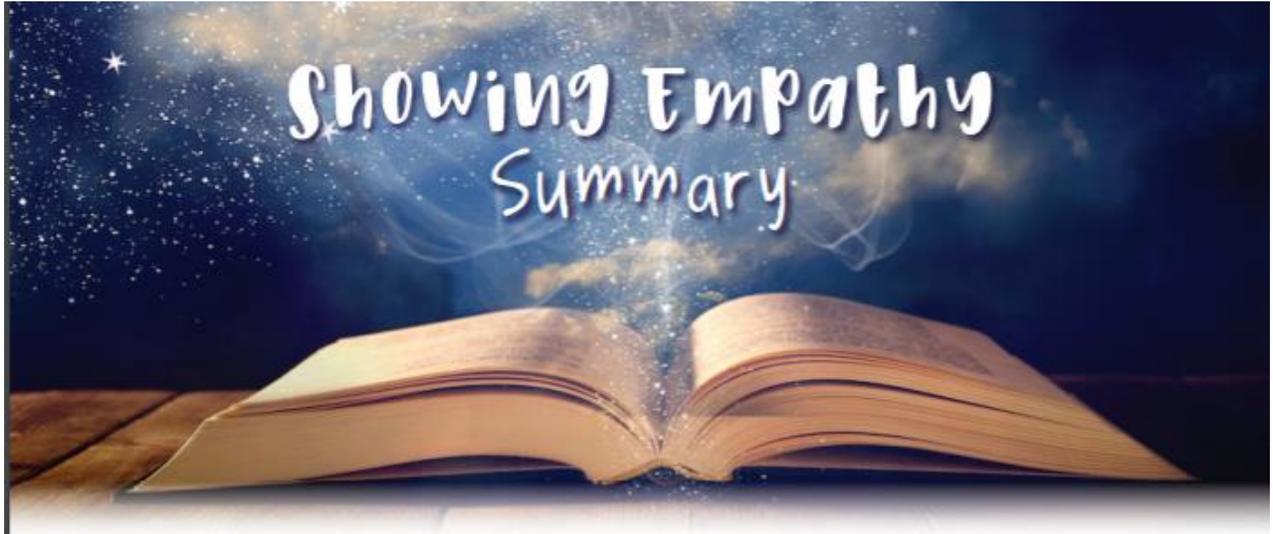
Describe a time when someone showed you empathy. This may be a time when you felt a friend really listened to you, or a trusted adult gave you the impression they really cared what you were going through, even if they didn't have the same experience.

Discussion questions:

- Describe a situation when you felt someone showed you empathy?
- Did the person give illustrate active listening? If so, what did they do?
- How did it make you feel when you felt empathy from someone.

Resource

Showing Empathy



Name _____ Date _____

What book did you read about empathy?

Author

Who was the main character? _____

How was the main character similar to you?

How was the main character different from you?

What things would you have done the same as the main character?

What things would you have done differently from the main character?

Did other people show empathy toward the main character? How?

Did the main character show empathy toward others? How?

If you knew the character in real life, how would you show that person empathy?

Deeper Dive 15 minutes

The Showing Empathy Activity helps your child observe the benefits of showing empathy to others and active listening.

Provide your child with the Showing Empathy Activity.

Have your child complete the activity by reflecting on a story they have recently read, a movie they have watched, or a positive story they seen on the news. The activity helps your child observe the positive benefits of being empathic. It also helps them recognize how they can use techniques to be empathic to others.

Tip: Encourage your child to see the positive benefits of empathy in daily activities (showing kindness to a stranger, active listening, trying to understand someone different from themselves). Have conversations with your child about how it makes them feel when others show them empathy. Open conversations about empathy will encourage your child to easily gain strategies for being empathic to others and foster positive relationships.