

## Topic: Perspective Taking

### Breathe

“Just Like Me” is mindfulness practice for increasing compassion. It helps us to remember what we share as human beings.

Everybody wants to be happy ~ just like me. Everybody wants to avoid suffering ~ just like me. Everybody is doing their best ~ just like me.



### Learn

Perspective-taking refers to a person’s ability to consider a situation from a different point of view.

When you are able to imagine a situation from someone else’s perspective, you can gain a better understanding of someone else’s motives or change your own behavior so you don’t offend someone.



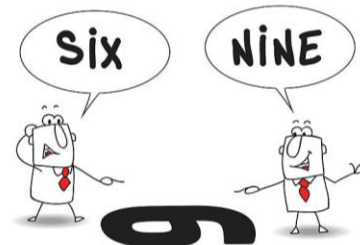
### Move

Today we have 30 minutes of lower-body strength workout with a warm up. Hope you like burpees and squats! Variations on those classic moves anchor this effective and challenging bodyweight workout. Let’s work!



### Grow

We can learn to take the perspective of others. [Click here for an article](#) that offers some activities to improve a child’s ability to take another’s perspective. The skills and activities broken down by age.



And how about a little adult self reflection? [This link](#) will take you to a perspective-taking questionnaire. We never stop learning!