

A Letter From Mrs. Schosek

Dear Parents/Guardians,

This month, your child's class learned about my favorite word: empathy! Empathy is the ability to understand and share the feelings of another. Here are some examples of empathy:

- Your neighbor just got a new puppy and is so happy. You feel happy too because you know how exciting getting a new pet can be.
- Your cousin's bike was stolen when they were at the park. They feel angry. You imagine what it must be like to have something special stolen from you so you start to feel angry too.
- Your sister left their special stuffed animal on the bus and is crying. You feel sad for your sister and let her use one of your stuffed animals in hopes it will make her feel better.

Empathy is important because it helps us build healthy, supportive relationships with others. If we can understand how others are feeling, what they are going through, or their perspective, we can be better friends, teammates, classmates, and family members. It helps us to care for one another and solve problems. When we know how someone feels, we can attempt to do something to help them if they need it. However, just letting someone know that we are sharing the feeling with them is a simple first step in showing empathy.

Please feel free to contact me with any questions or concerns, and as always, thank you for all that you do!

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