

# Baker 8 Traits at Home

November 2020



Volume 1, Issue 1

## Empathy

**I see you. I hear you. I care.**

### What does Empathy mean?

Empathy can mean having self-awareness and an awareness of other's feelings, motives and actions. It means showing compassion and understanding. Children and parents can practice leading with kindness and seeing things from others' perspectives.

### What does the research say?

As researchers (Decety and Cowell 2014) have argued, the word "empathy" has become a catch-all term for at least three distinct processes:

- feeling another individual's emotions (e.g., if you feel scared, it makes me feel scared)
- reasoning about another person's perspective (e.g., you "put yourself in my shoes," and try to imagine what I am thinking or feeling)
- wanting to help -- feeling sympathy and concern for someone who is vulnerable or distressed.

And each of these processes is shaped by learning.

**Students can learn empathy when we use the language at home and connect Empathy with everyday activities and things that are happening in their lives.**

### Teaching Empathy Tips

Help kids discover what they have in common with other people.

Don't shelter your child from discussions about race. Talk openly about racial biases and injustice.

Help young children improve their face-reading skills. Family read alouds or movie times are a great opportunity to practice.

### Language to Use at Home

*How do you think \_\_\_\_\_ felt when that happened?*

*Can you help me understand why you feel that way?*

*That person looks upset. Why do you think they feel that way?*

*I feel \_\_\_\_\_ when you do \_\_\_\_\_.*

*How can we show someone that we understand?*



### RESOURCES

[Click here for video of our school's Empathy Saying and Gesture](#)

[Click here for a parent article with more Teaching Empathy Tips](#)

This Social Emotional newsletter is brought to you by the SEL teacher team at Baker. We hope you can use these tips to practice the Baker 8 traits at home.