

Dear Families/Caregivers,

In order to effectively navigate the world, understand the range of human experiences, and relate with others, students must learn to empathize with others. Empathy is the core component of social awareness. It is the ability to understand and share the feelings of another person. We have been learning to recognize that others may have different feelings than we do.

We have been learning to recognize that other people may have different feelings than we do and show their feelings in different ways than us. That's okay! That's part of what makes life fun and interesting.

At this age, your child should be able to articulate how he or she expresses the following feelings:

- sad
- happy
- excited
- disgusted
- surprised
- scared

When spending time with friends or family, encourage your child to ask how others are feeling in a given moment. Then talk with your child about how he or she is feeling. Celebrate the different feelings people have in the same situations!

Model empathy for your child by thinking about how your child might be feeling. Share your own feelings with your child to encourage him or her to recognize that it's okay to feel differently than others.

Sincerely,

Your Child's Teacher