

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 identify what another person might be feeling.

One way to think about how someone else is feeling is to think about what you might feel. You might think about how you can help him or her feel better.

When your child is feeling sad, discuss how he or she feels when you give him or her a hug. A hug from a loved one can make someone feel better. Next time your child sees someone feeling sad, have your child think about ways to make the person feel better.

While waiting for an appointment, at the grocery store, or for an event to start, direct your child's attention to someone and ask your child how the person might be feeling. Help your child to recognize that even though you are in the same place, not everyone has the same feelings.

Model empathy for your child by thinking about how your child might be feeling. Don't rush in to 'fix' your child's problems, but let him or her know that you care.

Sincerely,

Your Child's Teacher