

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 ways to show that we care for the feelings of other people.

We have been learning to demonstrate care for the feelings of others. You can help your child show that he or she cares for the feelings of others by looking for clues about what someone else may be feeling. Strategies for finding clues include:

Look – Notice clues from a person’s face and body.

Listen – Hear what the person’s words say.

Think – How might that person be feeling?

Ask – Ask questions about how the person is feeling.

When your child is expressing an adverse emotion such as sadness or anger, model using the strategies for finding clues about how he or she is feeling. Look and listen to what your child is saying and doing and think aloud about how he or she might be feeling. Then take time to ask your child how he or she is feeling. Modeling these strategies will help your child to identify how others are feeling.

Sincerely,

Your Child’s Teacher