

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. Being empathetic promotes trust, which leads to positive relationships built on open and honest communication.

Life can be tough. Things happen that make us feel sad, scared, or frustrated. It's good to have a friend who will listen and understand. Empathy is trying to put yourself in someone else's shoes.

Strategies for understanding the perspective of others include:

- **Know that we're all different.**  
Part of understanding that we are all different is accepting that others do not always feel the same way as we do. Celebrate the differences!
- **Imagine how the other person feels.**  
Practice using your imagination to take someone else's perspective and imagine what their life is like and how they feel about things.
- **Ask how the other person feels.**  
The best way to know how someone else is feeling is to ASK! Asking questions shows the other person that you care.

Model empathy for your child by noticing how your child and others may be feeling. Ask questions and listen. Often people are not looking for others to fix their problems, but instead just to listen and care.

Sincerely,

Your Child's Teacher