

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. This is why it is important to be able to show empathy to others.

Strategies for showing empathy include:

- **Look** – Stop and look at how someone is feeling.
- **Ask Questions** – Asking a question is one way to show you care.
- **Listen** – Listen to someone with your whole body. *Listen* with your ears and *look* with your eyes at the person's face and body language. When you listen, keep your mouth quiet. Listen without interrupting. You can also listen with your heart and brain. Think about how the person feels and what he or she is thinking.

When your child is feeling sad, scared, or frustrated, show him or her some empathy. Notice how your child is feeling, ask him or her questions, and listen attentively to your child when he or she talks about his or her feelings. Remember that your child might not be looking to you to fix his or her problems, but instead just to listen and care.

Sincerely,

Your Child's Teacher