

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.

We have been learning the benefits and strategies for showing empathy to others. Understanding other's perspectives and showing empathy are necessary for creating trusting relationships built on open and honest communication. Perspective is the way a person sees people, places, situations, and events.

Some strategies to become more empathetic and understand the perspective of others include:

- **Focus on Others**
Take the focus off yourself and notice what is going on with others. What are they feeling? What are they thinking?
- **Ask Questions and Listen**
Make eye contact and ask questions. Then really listen to what the person is saying both with his or her words *and* body language.
- **Connect with the Person**
Think about the person's situation through their eyes. You don't have to have experienced what they are going through to be empathetic.

Model empathy for your child by asking questions and listening. Showing your child that you are trying to understand his or her perspective will help built trust and open and honest communication between you and your child.

Sincerely,

Your Child's Teacher