



Counselor's Corner

September



Read

Empathy

Empathy is the ability to notice, understand, and care about another person's feelings, paired with a willingness to help. Empathy supports stronger friendships, reduces bullying, and helps students regulate their emotions.

Students will learn to identify emotions through facial expressions, body language, and tone.

Students connect emotions to personal experiences-what it feels like to be excited, frustrated, or sad-so they can better interpret others' feelings.

Students imagine what someone else might be thinking or experiencing, a key step toward genuine empathy.

Empathy becomes real when students respond with supportive words or helpful actions-sharing materials, inviting someone to play, or offering comfort.

Contact Me

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Discuss

- Why do you think it is important to have empathy?
- Talk to me about a time that you had empathy toward someone. When someone had empathy toward you.
- Can you remember a time when someone was not showing you empathy? How did that feel?
- How would you explain empathy to your friend and family?
- How would you encourage your friends and family to have empathy?

Engage

Stand in my Shoes

Kitbull

Lou

Snack Attack

Sesame Street: Empathy

Teach Your Dragon Empathy

