

Empathy

Raising world shapers while learning to eat

What

Being Empathic

Empathy is **stepping into the shoes** of others. It is the ability to **understand** or **feel** what **another person** is **experiencing** from within their perspective.

DID YOU KNOW THAT **SYMPATHY IS NOT** THE SAME AS **EMPATHY**?

Sympathy seeks to understand others from one's own perspective, while empathy involves **understanding others' world** and the **WHYs** behind their **feelings**.

IS **EMPATHY** IMPORTANT FOR YOUR CHILD?

Empathy helps **build connections**, **regulate emotions**, and promote **collaboration behaviors**. In order to be empathic children need to understand their **own perspective** of the world, this will develop **self-esteem**, and **purpose** in life!

Why



How

HELP YOUR CHILD **DEVELOP** HER **EMPATHY**

- **Empathize** with your child and others. Be a **role model**.
- Provide **opportunities** for your child to **practice empathy**.
- Talk about **others' feelings** and the **effect of her actions**.
- Read **stories** about feelings.
- Use **"I" messages**.
- Use **pretend play**.
- Think through the use of **"I'm sorry."**
- Be **patient**.

Empathy Map Support Sheet



USE AS A SUPPORT FOR THE
ORIGIN ACTIVITY

YOU ALSO CAN USE IT IN OTHER
SITUATIONS

Activity:

Collecting wild herbs with your child.

Try this activity to make sure you **empathize with your little one** while she is collecting wild herbs.



Reality: What does your little one think, hear, say, ...

Your expectations: What you expect her to think, hear, say, ...

This can also help you teach your child to **develop empathy** for others and the planet. You can **use the empathy map together!**

Observation

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What

Learning to Observe

Ability to use **all five senses** to **recognize, analyze** and **recall** your **surroundings**. This practice is often associated with **mindfulness** because it encourages to be **present** and aware of the **details of daily life**.

DID YOU KNOW THAT **OBSERVATION SKILLS** ARE **DEPENDENT** ON SEVERAL OTHER **ABILITIES AND ATTRIBUTES**?

- Communication
- Emotional intelligence
- Critical thinking
- Attention to details

IS OBSERVATION **IMPORTANT** FOR YOUR CHILD?

Your child will be able to connect with the **situations around her**, the **challenges** and **learning opportunities**, thus learning to **know herself** better and **showing curiosity** to later be able to **take action** and **improve the world** around her.

Why



How

HELP YOUR CHILD **IMPROVE HER OBSERVATION SKILLS**

- Remind her to **look for details** (e.g., who, what, where, how, and why behind situations) and **feelings**.
- Try to **avoid distractions** such as electronic devices, busy surroundings, or even your own thoughts.
- Try to **record observation learnings** (e.g., texture, smell, shape, size, and color of things) on a piece of paper.
- **Quantify things** as you and your child notice them.

Observation Support Sheet



USE AS A SUPPORT FOR THE
ORIGIN ACTIVITY

DON'T FORGET THAT YOU ALSO
CAN USE IT IN OTHER SITUATIONS

When **communicating** try to:

- Be clear
- Listen
- Be positive
- Encourage
- Be empathic
- Acknowledge

Regarding **emotional intelligence**:

- Be aware of her emotions & feelings
- Use mindful vocabulary
- Help her fail fast so that she can learn faster

Support her **critical thinking** by asking:

- What (understand situations)
- Who (people involved)
- Where (place)
- How (improve)
- Why (meaning)

Help her pay **attention to detail** by asking about:

- Color
- Shape
- Texture
- Smell
- Taste

Meaning of actions and things