#### **Empathy**



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?

Why

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!



How

### HELP YOUR CHILD DEVELOP HER EMPATHY

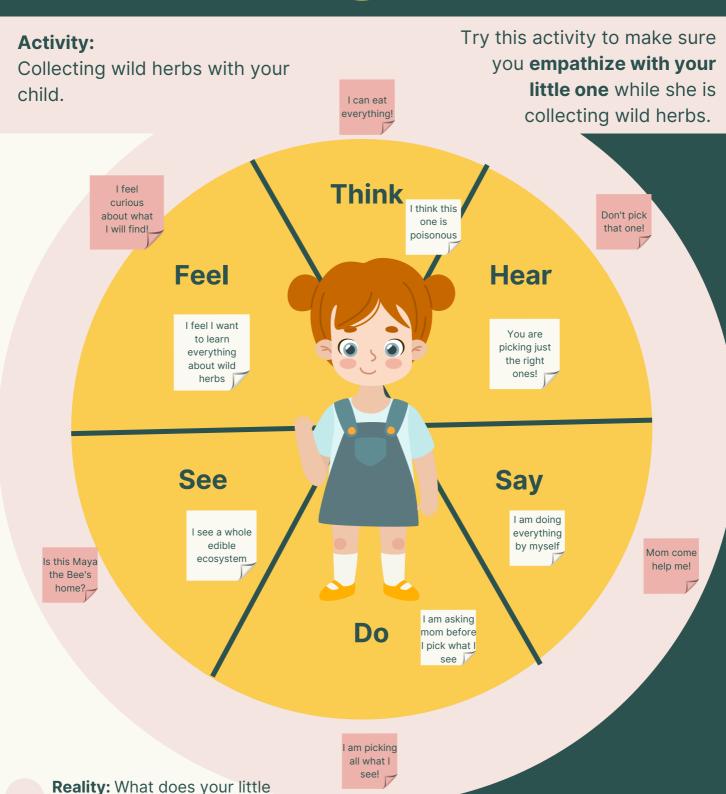
- Empathize with your child and others. Be a role model.
- Provide opportunities for your child to practice empathy.
- Talk about others' feelings and the effect of her actions.
- Read stories about feelings.
- Use "I" messages.
- Use pretend play.
- Think through the use of "I'm sorry."
- Be patient.

#### **Empathy Map Support Sheet**

USE AS A SUPPORT FOR THE ORIGIN ACTIVITY



YOU ALSO CAN USE IT IN OTHER SITUATIONS



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?

Why

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.



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