

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. It's good to have a friend who will listen and understand. Empathy is trying to put yourself in someone else's shoes.

We've been learning some strategies for becoming more empathetic. The strategies 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 noticing how your child and others may be feeling. Ask questions and listen. Often people are not looking for others to fix their problems, but instead just to listen and care.

Sincerely,

Your Child's Teacher