

# EMPATHY

## Family Newsletter

PurposeFull  
People

### Empathy Overview

This month's focus is Empathy. One way to think about Empathy is "understanding and connecting with other people's feelings." Empathy is a practice that can help us grow strong relationships.

Empathy is 1 of 3 traits we will focus on throughout the year that helps students **Be Kind**. Across grade levels, students will be developing skills like perspective-taking, conflict resolution, and leadership.

### Conversation Starters



- What does Empathy look like to you?
- Is it hard for you to share how you feel with others? Why or why not?

### PurposeFull Pursuits

*Have some fun connecting as a family this month while practicing Empathy. Here are 2 "PurposeFull Pursuits" you can complete together!*

#1

Empathy is understanding and connecting with other people's feelings. Schedule a family movie night so that you can specifically watch for feelings and emotions. Let everyone know that you'd like them to point out how the characters in the show are feeling and that you will pause periodically to discuss Empathy. As emotions are identified, invite one another to Empathize by sharing about a time they felt that way or imagining how they might be feeling in that moment.



#2

*Review the definition of Empathy as a family! Remember that Empathy is understanding and connecting with other people's feelings.*

Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Empathy. Take turns sharing responses to the following prompts or make up your own! Remember to practice Empathy as you listen to each other.

- What is 1 way a family member has shown you Empathy lately?
- Share about a time when you felt like someone really listened to you.