



EMPATHY



This month's ACES lessons will focus on Empathy. The definition we recite weekly is this "the ability to understand and connect to the feelings of others". The curriculum has a **Family Focus** section (suggestions of modeling) which I'd like to share with you.

Activities to Do

- As a family create an emoji poster and discuss different emotions and how you can relate to each other.
- When watching TV together don't be afraid to point out emotions in actors and see if your child can relate.
- Celebrate your child's understanding of empathy as if you "caught them being empathetic."

Conversation Starters

- Why do you think practicing empathy is important with friends and family?
- Can you share what it means be a good friend?
- Why is it significant to use empathy when you might have a problem/conflict with someone?

Book Options

- Kindness Starts with You by Jacquelyn Stagg (preK-2)
- Try a Little Kindness by Henry Cole (preK-2)
- One Smile by Cindy McKinley (3-5th)
- The Potato Chip Champ: Discovering why kindness counts by Maria Dismondy (3-5th)

We discuss how all emotions are ok to have; its how one responds to those emotions that is important.