PRACTICING EMPATHY

SASSMM

24/7 Helpline: **1-800-871-7741**

What is empathy?

Empathy is the ability to understand and connect to others. It is the actions we do that help a person feel supported and cared for. In this lesson, students learn the importance of taking care of themselves first so that they are better able to help others.

Self-care and practicing empathy

Students are given an opportunity to color puzzle pieces that describe actions people could do that would make them feel loved and supported. Afterwards, students fill out a self-care plan that lists activities they can do to help themselves feel better when they are struggling, and/or experiencing unpleasant emotions. A self-care plan is a tool that can remind a person of activities or interests that could help them take care of their emotional, physical, mental, and spiritual health.

Students are also able to practice empathy with a partner. This lesson utilizes empathetic skills such active listening, asking open-ended questions, and validating shared feelings.

PRACTICE!

- Help your child(ren) come up with activities or techniques to try that will help them with their emotional, physical, mental, and/or spiritual health.
- Show and display empathy to your child(ren). For more information you can visit www.randomactsofkindness.org.

If you have any questions about SASSMM's curriculum you are free to email Karissa Walter at education@sassmm.org