

# BUILD CHARACTER BUILD SUCCESS

Respect Responsibility Empathy

Kindness & Caring Teamwork Fairness

Honesty Co-operation Integrity Perseverance

## Attribute: Empathy

Dictionary Definitions	
Merriam-Webster Children's Dictionary	em-pa-thy \ˈem-pə-thē\ <i>n</i> the understanding or sharing of the emotions and experiences of another person <He has great empathy toward the poor.>
Collins Gage Canadian School (Junior) Dictionary Grades 4 to 6	No dictionary entry
Collins Gage Canadian Intermediate Dictionary Grades 6 to 9	Empathy (em'pə thē) <i>n</i> the ability to understand and share in the feelings of others, or the act of doing so. <Greek <i>en-</i> in + <i>pathos</i> feeling>
Nelson Canadian Dictionary of the English Language	em-pa-thy (ĕm' pə-thē) <i>n</i> . 1. Identification with and understanding of another's situation, feelings, and motives. 2. The attribution of one's feelings to an object. [EN- <sup>2</sup> + PATHY.]

### What is empathy?

- Putting yourself in someone else's shoes
- Understanding, sensing, and sharing in the feelings and emotions of others
- Showing love, sympathy, compassion, and encouragement
- Identifying with, and understanding, another's situation, feelings, and motives
- Having concern for someone experiencing misfortune

### Quotations

"People will forget what you said, people will forget what you did, but people will never forget how you made them feel." (Bonnie Jean Wasmund)

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." (Leo Buscaglia)

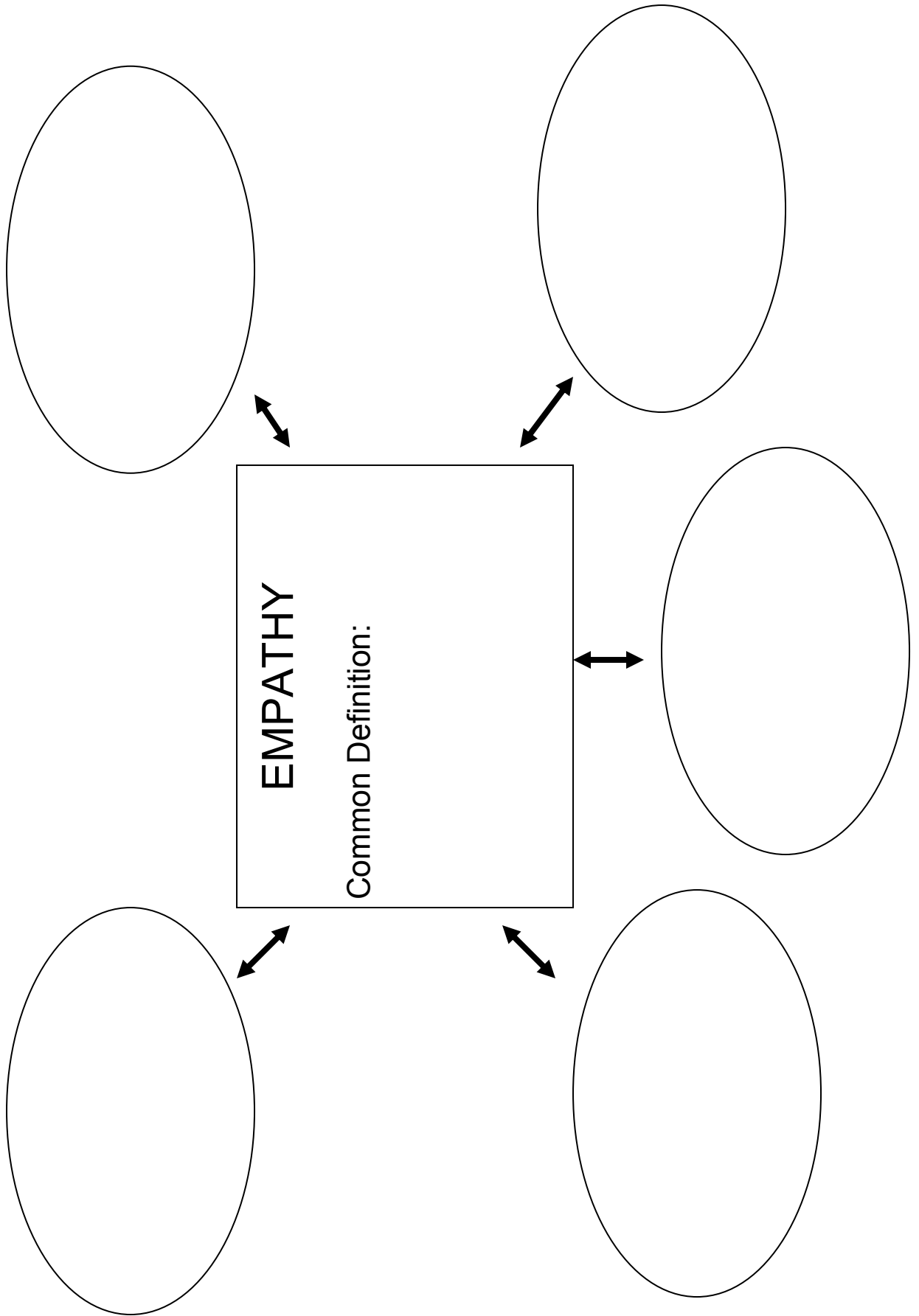
"Only your compassion and your loving kindness are invincible, and without limit." (Thich Nhat Hanh)

"Be nice and smile at everyone you meet. You don't know what they are going through, and they may need that smile, and treasure it." (Christine M. Huppert)

## **What does empathy look like/sound like?**

- Listening with full attention to the speaker and looking for the feelings behind the words, facial expressions, and body language
- Respecting the thoughts of a friend who has shared his or her feelings
- Acknowledging the emotions of someone by saying something like, “I can see that you are really uncomfortable about this.”
- Showing appropriate reactions to someone who is sharing his or her feelings (i.e., nodding, smiling, paraphrasing) and asking questions at appropriate times
- Allowing the person to share his or her feelings without interrupting, judging, or trying to solve his or her problem
- Trying to really understand a person’s feelings and motives, even when you may disagree with the actions of a person
- Speaking from “I” and owning your emotions
- Understanding that we are all a lot more alike than we think, even if on the outside we look and act differently
- Seeing ourselves in others—even those we think are so different from us

What Does “Empathy” Mean to You?



# Monthly Newsletter for Parents/Guardians/Caregivers

## EMPATHY

Dear Parent, Guardian, or Caregiver:

Your child is involved in learning activities designed to develop good character and help children make good choices. Our focus this month has been on **EMPATHY**.

What does empathy mean to you?

### Your child can show empathy by:

- helping, and understanding how others in the family feel
- using words to describe how others may be feeling
- understanding, sensing, and sharing in the feelings and emotions of others
- showing love, sympathy, compassion, and encouragement
- speaking from “I” and owning his or her emotions

### Questions to discuss with your child:

- What is empathy? How can we show empathy?
- What does it mean to be empathetic?

### Projects to do together:

- Engage your child in volunteer opportunities, such as helping at the food bank or other community organizations.
- Develop a family project that is meant to help others.
- When reading or watching the news, encourage a discussion about how those involved might feel.

### Encouraging empathy in your child:

- Encourage discussion, and expose your child to the language of emotions.
- Talk with your child about the importance of showing empathy through helping others.
- Share your own feelings with your child, providing him or her with the opportunity to be empathetic.
- Allow your child to express his or her feelings, regardless of whether they are positive or negative.

**Thank you for supporting our Character Development program.**

**BUILD CHARACTER  
BUILD SUCCESS**

# Involving Parents/Guardians/Caregivers in Character Development

## Empathy

