















- 1.Welcome Children in unique way
- 2.Play some music in background 3. Put some colourful welcome charts
- 4.Decroate the classrooms with
- 5. Chek the children uniform, emotional condition, cleanliness and healthy state like comb hair, trimmed nails..enough water & snacks.

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## Imparting empathy using classroom activities

### What is Empathy?

Empathy is being able to sense other people's feelings and relate to them. It also involves mirroring someone else's feelings with no selfish intention. The main goal of being empathetic is to understand someone more clearly.

### The Importance of Teaching Empathy to Kids

The importance of teaching empathy to kids is quite straightforward: teaching kids how others feel will encourage them to be more careful with their actions and words.

## Benefits of Teaching Empathy to Kids

There are several benefits of teaching kids empathy, including the following:

- It helps build a sense of security in their relationships with other children and adults
   mpathy encourages acceptance and tolerance of
- others

  It positions children well for learning when they
- understand themselves and others
- Empathy promotes good mental health
   Empathy promotes ligher levels of happiness
   Empathy encourages social harmony and reduces the likelihood of bullying

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# **Activities for Empathy Learning**

1. Label your feelings

5.Emotion worksheets

2. Acts of kindness

3.The golden rule

4.Roleplaying

6.Stories and movies

7.Paper chain of kindness

8.Sharing

9.Help a friend

10.Say something nice

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