

Social Emotional Support Newsletter

Teaching Your Student Empathy

Need assistance? Contact Melissa.Romero@jeffco.k12.co.us

Videos About Empathy

Elementary

[Sesame Street Empathy](#)

[Science of Kindness](#)

Middle & HS

[Empathy vs. Sympathy \(Brene Brown\)](#)

[Science of Kindness](#)

For Parents

[Making & Keeping Friends Newsletter \(from last year\)](#)

[Empathy vs. Sympathy \(Brene Brown\)](#)

[Raising Caring, Respectful & Courageous Children](#)

[Raising Kind Kids](#)

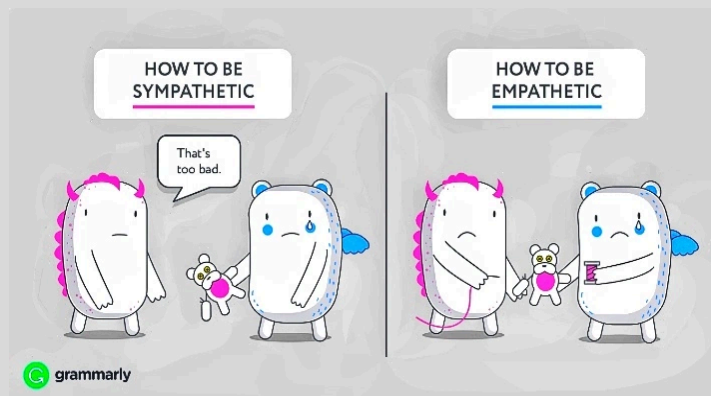
[Grow Kinder Podcast](#)

[Teaching Empathy & Compassion Podcast Episode](#)

[Empathy](#) - the ability to share and understand the feelings of another

[Compassion](#) - empathy in action (doing something to help someone else)

Kid Definition: feeling someone else's feelings in your own heart



[Books on Empathy and Compassion \(Ages 3 -13+\)](#)

[Books to Develop Empathy \(Middle School\)](#)

[EMPATHY BUILDS COMMUNITY](#)

Summit Ridge Kindness Challenge--Coming in January!

Ways to Create/Teach Empathy

[Tips for Empathic Listening](#)

[Tips for Cultivating Empathy](#)

Tip #1: Have conversations about seeing kindness and being kind. Ask your student, "Did you notice anyone being nice to someone else today?" followed by, "How were you kind to someone today?".

Tip #2: Kickstart a family kindness campaign. Do one kind thing for someone each day--this can be inside the home, for a neighbor, or for the community. If you're not sure where to start, try the [Make Kindness the Norm Challenge](#).

Tip #3: Check out the [Random Acts of Kindness](#) website to find other ways to inspire & practice kindness.