

Quarterly Home–School Connection

Empathy: kindness, caring, compassion, being a good friend, understanding how another person feels

Dear Parents,

Your child has been discussing the concepts of **empathy** and **caring**, and the benefits of **being kind and generous** and **doing things for other people**.

Here are some things you can do to reinforce the message and our related learning activities:

- Talk with your child about the importance of doing things for others. Remind him/her that he/she has the power to brighten another person's day through a simple act of kindness.
- Participate in a community-service project with your child.
- Try to find things that you can do together to make a difference in someone else's life.
- Catch your child being caring, that is, doing something kind and generous for another person.
- Actions speak louder than words. Your kind action toward another is a powerful model for your child to follow and learn from you.

Response: Please help your child to choose one activity from those listed below and complete it by _____.

1. Setting Goals

Set goals for yourself that involve showing compassion and kindness. List one goal for each of the following: At Home, At School, To Other People in My Community, To Animals and the Environment. Think about how you can accomplish each goal.

2. Learning about Local Heroes

Go through your local newspaper and find an article telling about boys, girls, men, and women who have done outstanding things to help other people, animals, or the community. Cut out the article, read it, and record the important facts on paper.

3. Writing about Kindness

Describe the most caring thing anyone has ever done for you. What effect did that have on you?

4. How to Be a Good Friend

To have a good friend, you must be a good friend. Make a list of 10 ways good friends treat each other. (Example: Good friends listen to each other.)

5. Be Kind to Others Poster

Create a poster that shares the message *Be Kind to Others*, and label it with that message. On the poster, draw an act of kindness that shows people helping other people, animals, or the community. Use color and be creative!

Thank you for your support,

Your _____ Grade Teachers

SOURCE: Babylon Memorial Grade School