Bryn Mawr Elementary School



## SCHOOL COUNSELOR'S MESSAGE

Week of May 18<sup>th</sup> – 22<sup>nd</sup> Message & Activities: <u>Spanish</u> and <u>Vietnamese</u>

## Do you know how I feel?

This week, we are focusing on another component of the Social Emotional Learning (SEL) standard of Social Awareness. Empathy is the ability to understand how another person feels, and to respond in helpful ways. When one child can empathize (put themselves in the other person's shoes) with another, they are better able to resolve conflict. Some children develop empathy more naturally than others, but all children need to be taught this critical skill.

Children who are empathic are better able to cope with conflict and difficult social situations. Children who are empathic will be less likely to engage in bullying behavior, and more likely to jump in and help a friend or peer who is being bullied. Children who are empathic are more likely to grow into well-adjusted adults with strong coping skills.

As parents, we are successfully modeling this skill all the time. We listen to our loved ones. We let them know we care and that they have a right to their feelings. Unfortunately, the stresses and worry that have entered our lives during this unprecedented time stretches our abilities to cope. We may snap and have a shorter fuse. This leads to hurt feelings all around. Take the time to listen to others, and in the meantime, you'll be giving yourself what you need too.

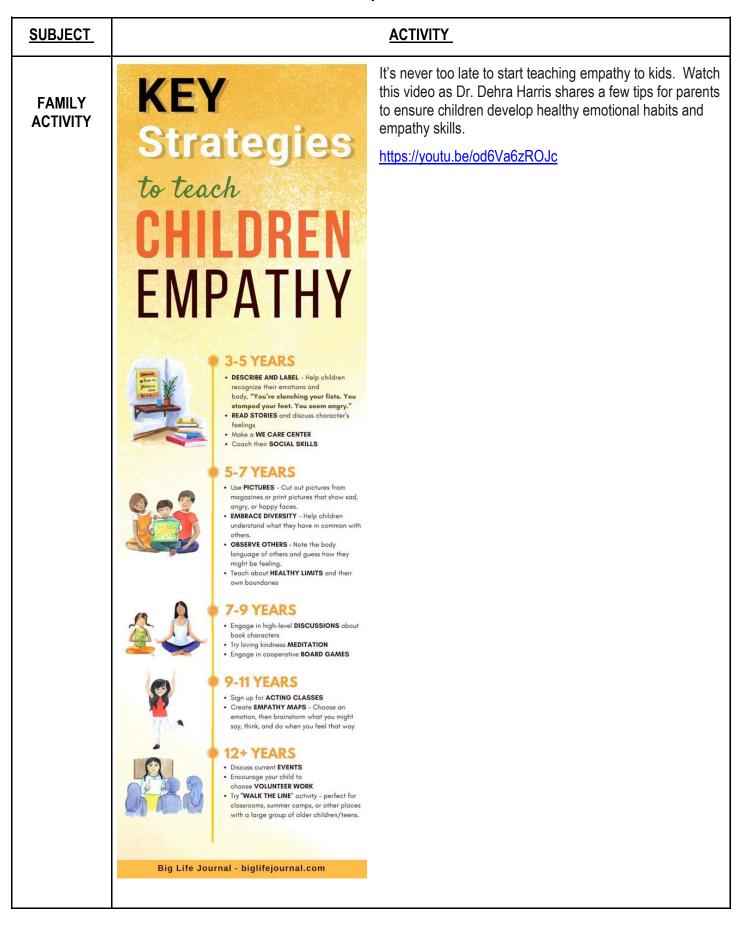
Please continue reading to see more resources and activities on empathy.

Kindly,

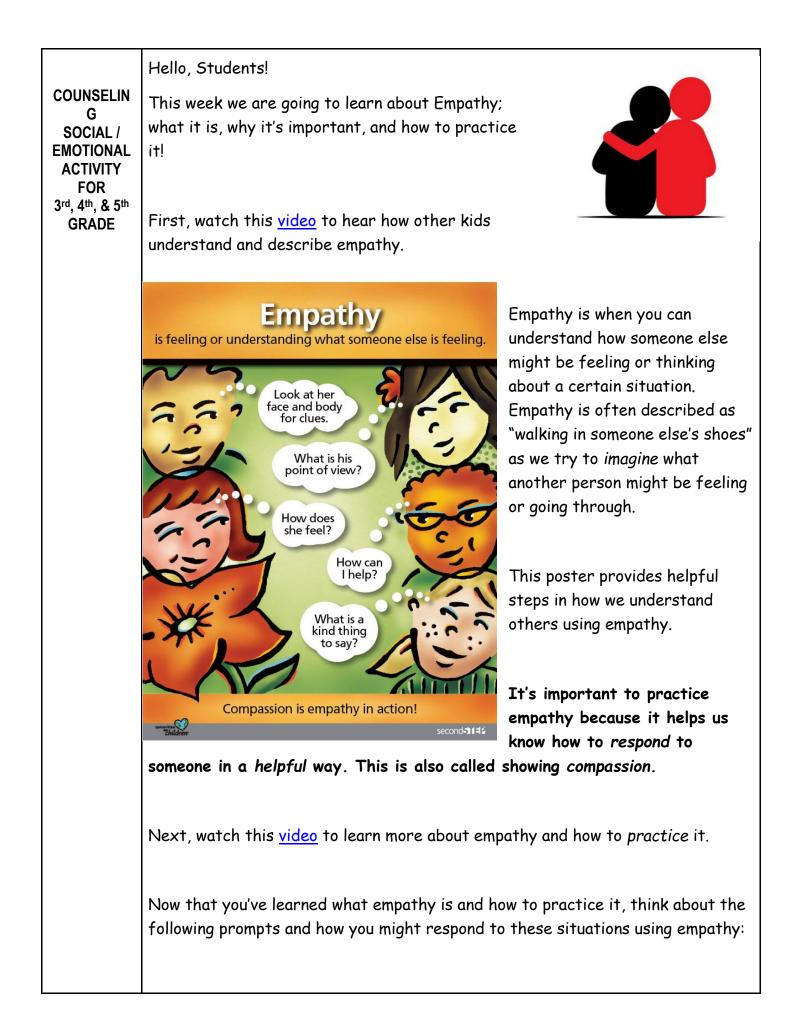
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## **COUNSELING, SOCIAL EMOTIONAL LEARNING ACTIVITIES**

Week of May 18th - 22nd







<ol> <li>In the restroom at school, a student gets teased and pushed into a stall by other kids. Imagine how the student is feeling. How can you show them empathy?</li> <li>A friend in your class has just failed a big test. Your friend is upset because they studied, tried their best, and still failed. Imagine how they're feeling. How can you show them empathy?</li> <li>It is your classmate's birthday and they are having a birthday party this weekend. Imagine how they're feeling. How can you show them empathy?</li> </ol>