



EMPATHY

PurposeFULL
People

1st Grade Family Connection

Overview

This month's focus is Empathy. One way to think about Empathy is "understanding and connecting with other people's feelings." Empathy is a practice that can help us grow strong relationships.

Empathy is 1 of 3 traits we will focus on throughout the year that helps students Be Kind. Throughout the school, students will be developing skills like perspective-taking, conflict resolution, and leadership.

Conversation Starters



- Can you share or show what it means to be a good friend?
- Why do you think it is important to practice Empathy with our friends?

In The Classroom

Friendship skills are life skills! In 1st grade, we are focusing on being a good friend. Understanding and connecting to other people's feelings (practicing Empathy) is a powerful way to grow in friendship.

Friendship skills we are working on:

- Communicating with Kindness
- Understanding how our actions impact others

Talk about friendship with your student and the importance of connecting with others!

Color in Empathy





EMPATHY

PurposeFull Pursuits



PurposeFull
People

Have some fun connecting as a family this month while practicing Empathy. Here are 3 “PurposeFull Pursuits” for you to complete together. How many can you do this month?

Pursuit #1

At school we use our Emotion Elements to represent different emotions. For us...

- *Bree* represents emotions like silly, nervous, playful, or distracted.
- *Brooks* represents emotions like sad, lonely, tired, or embarrassed.
- *Ember* represents emotions like angry, frustrated, excited, or scared.
- *Terra* represents emotions like calm, focused, proud, or happy.

As a family, create your own poster showing different emotions. **For Example:** you could use emojis to represent different emotions and label them. Hang your poster in a central location. Each day, designate a time that your student will do an emotion check-in and tap the feeling they felt the most that day. This reminds your student of the emotion vocabulary they are learning at school and gives you insight into how they are feeling. Understanding other people’s feelings can help us grow in Empathy.

Pursuit #2

Review Empathy as a family! Remember that Empathy is understanding and connecting with other people’s feelings. Schedule a family movie night so that you can specifically watch for feelings and emotions. Let everyone know that you’d like them to point out how the characters in the show are feeling and that you will pause periodically to discuss Empathy. As emotions are identified, invite one another to Empathize by sharing about a time they felt that way or imagining how they might be feeling in that moment.



Pursuit #3

Find a time to sit in a circle together and celebrate all the ways you have seen each other practice Empathy. Take turns sharing responses to the following prompts or make up your own! Remember to practice Empathy as you listen to each other.

Celebration Prompts:



- What is 1 way a family member has shown you Empathy lately?
- Share about a time someone was a good friend to you.

