



EMPATHY

5th Grade Family Connection

PurposeFULL
People

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.

In The Classroom

Leadership is how we influence others. It's a powerful way to positively impact the world around us. This month, 5th graders will build their leadership skills while practicing Empathy.

Leadership skills we are building include:

- Positively influencing others through what we say and do
- Role modeling what it looks like to be a helpful member of the class or school

Another leadership skill we are focusing on is resolving conflict using the Tree of Choices. This is a simple tool to help us approach conflict in a healthy way, which shows good leadership and builds Empathy.

1. Identify the problem

2. Name your emotion

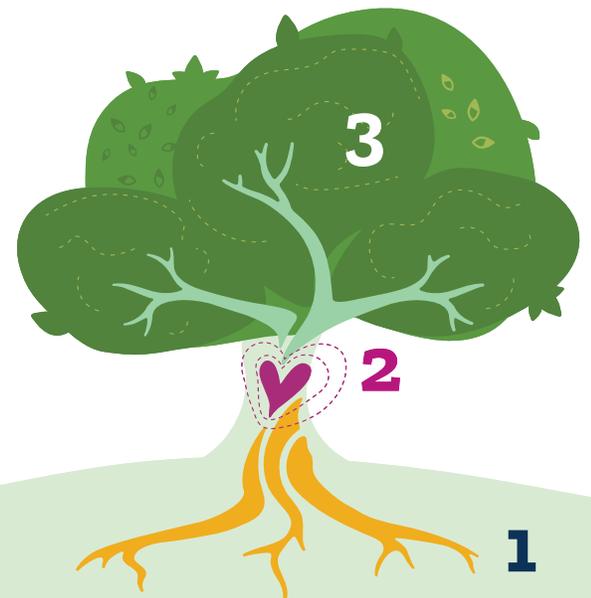
3. Make a choice:

- Move it out
- Talk it out
- Breathe it out

How can you encourage your student to practice leadership at home with other family members?

Conversation Starters

- Can you share what Empathy means?
- Why do you think it is important to use Empathy as a leader?





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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...

- *Wind* represents feeling words like inspired, anxious, playful, and nervous.
- *Water* represents feeling words like concerned, thoughtful, tired, and bored.
- *Fire* represents feeling words like annoyed, overwhelmed, excited, and scared.
- *Earth* represents feeling words like motivated, focused, confident, and proud.

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 someone you think is a good leader. What can you learn about leadership from that person?

