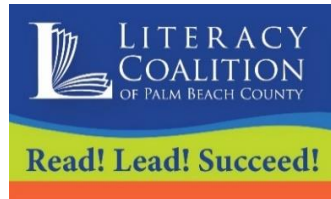
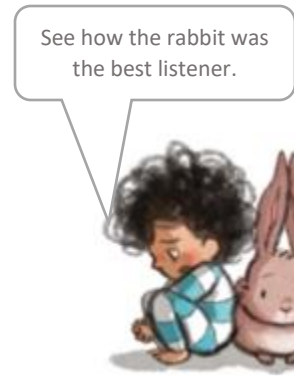


READ and THINK before you ACT.




*Leading through Reading*

**Nurture Your Empathy (K-2)**



Read: *The Rabbit Listened*  
by Cori Doerrfeld


**READ**



Empathy is the ability to understand the feelings, thoughts, and experiences of another person and to express your understanding in a kind and caring way.



Nurturing is helping something or someone to grow in a healthy way.



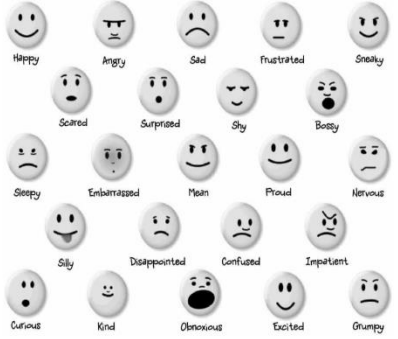
Are you ready to grow your empathy skills? Empathy makes you a kind, considerate and respectful person.

**THINK**

If you had a choice between being around someone who is kind, considerate, and respectful or someone who shows no care for your thoughts or feelings, who would you choose? Which kind of person do you wish to be?

**ACT**


**Understand feelings.**  
Think of your emotions and what they feel like to you.  
Work to keep realizing & respecting that others have these emotions too.



**Be a good listener.**  
Pay close attention when someone is sharing their thoughts and feelings.



**Exercise your empathy skills.**  
Think about what others may be thinking and feeling. Talk about the thoughts and feelings. Show support.



Reference: [verywellfamily.com](http://verywellfamily.com)

This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program. *Read! Lead! Succeed!* is made possible with support from Prime Time Palm Beach County, Inc., which receives significant funding for its overall operations from the Children's Services Council of Palm Beach County.

Sharing is caring! Send us a picture of you and your Read! Lead! Succeed! projects to [nbirardi@literacypbc.org](mailto:nbirardi@literacypbc.org)