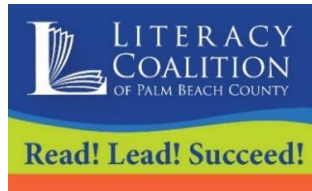


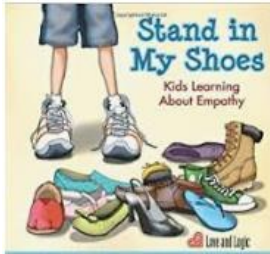
READ and THINK before you ACT.



Leading through Reading

Nurture Your Empathy (3-5)

READ



Empathy is an important life skill. Empathy is the ability to understand the feelings, thoughts, and experiences of another person and to express that understanding in a compassionate and caring way. Because empathy starts with understanding, some refer to empathy as *standing in someone else's shoes*. During this time in our world, it is the perfect time to grow our empathy skills. Each day, we can practice empathy at home and for those around in the world.

Read: [Stand in My Shoes](#) by Bob Sornson

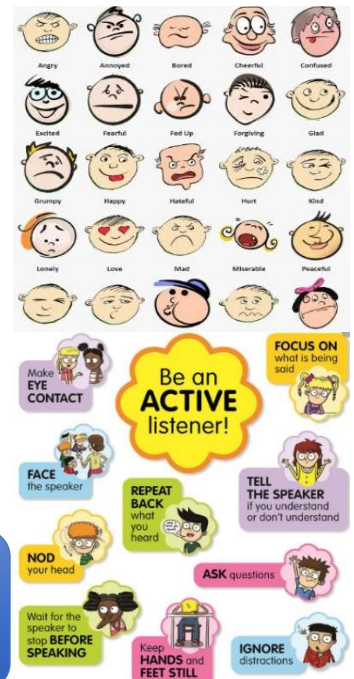
In the book, you see many different situations. In the beginning, Emily is not showing concern for her sister's thoughts, feelings and needs. Emily learns to think about events from another person's perspective. She practices recognizing the needs of others. She finds ways to help fill those needs. Did these experiences make her into someone who is was more kind, considerate, and respectful? What skill made Emily a better person to live with?

THINK

Do you have strong empathy skills? During this time at home, could you practice recognizing the feelings and needs of others in your home and people that you see in the news? How might you be more respectful of the needs of others? In your home, how might you be better at showing concern for others' thoughts, feelings and needs? In the world, how might you recognize, listen and act to show that you understand the feelings and needs of others?

ACT

1. Consider all the different feelings that people experience.
2. Remind yourself what it means to be a good or active listener.
3. Think about the people you live with:
 - What bothers each person?
 - What makes each person happy?
4. Each day, practice:
 - recognizing each family member's thoughts, feelings and perspective.
 - active listening with your family members.
 - not being judgmental of others.
 - communicating and showing support to others.
5. When you are ready, be empathetic to those outside of your home too.



Is there a family member, friend or neighbor who is feeling lonely or hungry? Do you know of brave people working hard to help others? Are there other types of feelings right now?

Look for our activity plans to help you to show compassion toward others.

Try our Plan # 11 to show kindness in your neighborhood or Plan # 20 to thank essential workers.

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