



Gumdale State School Student Wellbeing Program is proudly supported by



EVANS
PROPERTIES
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Living Locally
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What is empathy?

Empathy refers to being able to recognise how another person is feeling and to take on their perspective or 'stand in their shoes'. This skill is very important in building and keeping positive relationships with others. To develop empathy, we need to be able to identify how others are feeling so we can take their perspectives on board. To do this, we need to actively listen when we speak to others. These listening skills can be practised and improved upon throughout our whole lives. By encouraging children to speak honestly about the emotions they are feeling also helps them gain awareness of how different emotions look and feel to them and to others.



GROW your strength of empathy. A podcast episode for children:

<https://gumdaless.eq.schooltv.me/newsletter-external-resource/sensitive-octopus-insular-cortex-grow-your-mind-podcast>

Love/Empathy



I experience close, loving relationships that are characterised by giving and receiving love, warmth and caring.



Want more information about our GROW Well Program and Character Strengths?

<https://gumdaless.eq.edu.au/support-and-resources/wellbeing>

The importance of empathy in teen friendships:

<https://gumdaless.eq.schooltv.me/content/blog/teen-s-secure-family-relationships-pay-it-forward-empathy-friends>

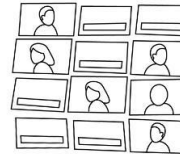
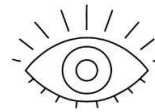
Key strategies to teach CHILDREN EMPATHY

3-5 YEARS



- **DESCRIBE AND LABEL** - Help children recognize their emotions and body, "You're clenching your fists. You stomped your feet. You seem angry."
- **READ STORIES** and discuss the character's feelings.
- Make a **WE CARE CENTER**.
- Coach their **SOCIAL SKILLS**.

5-7 YEARS



- Use **PICTURES** - Cut out pictures from magazines or print pictures that show sad, angry, or happy faces.
- **EMBRACE DIVERSITY** - Help children understand what they have in common with others.
- **OBSERVE OTHERS** - Note the body language of others and guess how they might be feeling.
- Teach about **HEALTHY LIMITS** and their own boundaries.

7-9 YEARS



- Engage in high-level **DISCUSSIONS** about book characters.
- Try loving kindness **MEDITATION**.
- Engage in cooperative **BOARD GAMES**.

9-11 YEARS



- Sign up for **ACTING CLASSES**.
- Create **EMPATHY MAPS** - Choose an emotion, then brainstorm what you might say, think, and do when you feel that way.

12+ YEARS



- Discuss current **EVENTS**.
- Encourage your child to choose **VOLUNTEER WORK**.
- Try "WALK THE LINE" activity - perfect for classrooms, summer camps, or other places with a large group of older children/teens.