



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
is proudly supported by

EVANS PROPERTIES

0411 700 708
Living Locally
Selling Locally



When we discuss 'love', we refer to it as a character strength, rather than the emotion. Love relates to how we value warm and close relationships with others. These relationships are about quality, not quantity, and where that warmth is reciprocated by the other party.

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.

As with all our character strengths, we can get even better with some focussed practice and understanding. For these character strengths, the first step, is to understand feelings and emotions

There are many kinds of love we experience in a lifetime. The love for our parents, siblings and family, the love for our friends, the love for our pets and even the love for strangers who we can empathise with during a difficult time. All these loves are important and all are identified by warm and caring feelings.

Strategies to Teach Empathy at Any Age

- ✓ **Model empathy.**
- ✓ **Discuss emotions.**
- ✓ **Help out at home, in the community, or globally.**
- ✓ **Praise empathetic behavior.**

@BIGLIFEJOURNAL

What our students have to say...

Love is caring and being kind to others – Taylor

Empathy is when someone helps their friend when they are feeling down - Eamon



To be an empathetic person, 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 practiced 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. Help your child recognise feelings in others. Ask how they think another person might feel.



Empathy

- E** Everybody needs somebody
- M** Model and mirror
- P** Put yourself in their shoes
- A** Ask if you can help
- T** Treat others the way you want to be treated
- H** Helpful
- Y** You feel better and they feel better






em·pa·thy (noun)

the ability to understand and share the feelings of another

Put YOURSELF in their



Empathy is...

Seeing with the Eyes of Another. 
 Listening with the Ears of Another. 
 and Feeling with the Heart of Another. 

A SECRET TO RAISING A GOOD LISTENER

FIRST, REALITY CHECK: DO YOU...

- ✗ Say "yes, yes!" to your child while checking your phone or chopping up the salad?
- ✗ Leave the conversation once the phone rings without excusing yourself?
- ✗ Interrupt your child because you can guess what they are going to say?



SOMETIMES WE COMPLAIN ABOUT OUR KIDS NOT LISTENING PROPERLY AND RESPECTFULLY. BUT FIRST, LET'S ASK OURSELVES: HOW DO WE PRACTICE AND MODEL RESPECTFUL LISTENING TO OUR KIDS?

✗ CATCH YOURSELF BEFORE YOU:

Think of what YOU want to say next when your child is talking.

✗ CATCH YOURSELF BEFORE YOU:

Interrupt with what you think they're going to say, or telling them the answer.

✗ CATCH YOURSELF BEFORE YOU:

Try to fix their problem for them by saying what you think they should do.

✗ CATCH YOURSELF BEFORE YOU:

Split your attention between your child and that important thing you have to do right now.

✓ INSTEAD

Tune in. What is your child actually saying?

✓ INSTEAD

Ask questions. Be curious. Show that you're interested in their perspective.

✓ INSTEAD

Let them talk it out and come to their own conclusion.

✓ INSTEAD

Get down on their level, make eye contact. Show them that they are important for you to listen to.

WAYS YOU CAN MODEL GOOD LISTENING:

- † Ask your child questions to get all the details.
- † Share stories from your own experience, "Did you know this happened to me too when I was a child?"
- † Remember when you see something your child talked about and point it out for them.



IT'S IMPORTANT TO HELP THEM BUILD LISTENING SKILLS WHEN THEY'RE YOUNG BECAUSE IT'S MUCH EASIER TO NURTURE A CHILD THAN FIX AN ADULT.