



GROW Well Strengths-Based Curriculum

Always Our **Best**



Gumdale State School Student Wellbeing Program
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Living Locally
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What is love, as a character strength?

As a *character strength*, love is different to the *emotion* of love. As a character strength, love refers to the degree to which you value close relationships with people. It refers to the way you approach your closest relationships. Love is reciprocal, referring to both loving others and the willingness to accept love from others.

There are four types of love :**Attachment love**: parent for child; child for parent, **Compassionate/altruistic love**: kindness, **Companionate love**: friendship, **Romantic love**: spouse/partner/boyfriend/girlfriend.



Love/Empathy



Love/Empathy



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



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>

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 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.

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>

5 LOVE LANGUAGES

	WORDS OF AFFIRMATION	<ul style="list-style-type: none"> encouraging words compliments sweet feedback
	SAFE TOUCH	<ul style="list-style-type: none"> high fives pat on the back fun handshake
	RECEIVING GIFTS	<ul style="list-style-type: none"> sweet treats rewards sticker charts
	QUALITY TIME	<ul style="list-style-type: none"> conversations undivided attention one-on-one chats
	ACTS OF SERVICE	<ul style="list-style-type: none"> getting help thoughtful gestures

Strategies to Teach Empathy at Any Age

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

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