



Shalford Infant & Nursery School

Value of the Month

February: Empathy

Definition of empathy: Understanding what it is like to be someone else and feeling what they are feeling

Be somebody who makes everybody feel like a somebody

Others may forget what you said but they will never forget how you made them feel

Empathy means putting yourself into others' shoes!

Empathy is a skill - you get better at it if you practise!

Empathy Quotes

Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of the another

Alfred Adler

During our learning about empathy we will help the children to learn how to use their imagination to feel what others may be feeling and then know the best things to say or do to make them feel better.

What is Empathy:



How would you like it if the mouse did that to you?

Empathy

- E - Everbody 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 - Hurtful or helpful
- Y - You feel better and they feel better.

At home please take time to talk to your child about empathy and how to show empathy to others.