

Introduction to Teaching Empathy

Empathy is the ability to understand and share feelings of another person.

- Empathy involves recognizing emotions in others, imagining their experience, and responding with care and understanding
- Empathy is a foundational skill for building meaningful relationships and fostering emotional wellbeing.
- Children learn by observing adults model and demonstrate empathy in everyday interactions.

**Top Tips to Teach Empathy
Model Active Listening and Reflect Back**

Set aside 5-10 minutes each day where you give your child undivided attention. Ask them about their day and actively listen without interrupting. After they share, reflect what you heard

Benefit:

When children feel heard, they learn that their emotions are valid. This practice teaches children how to listen to others' experiences and feelings

**Top Tips to Teach Empathy
Acknowledge and Name Emotions Together**

When emotions run high—whether it's anger, sadness, or excitement—practice naming the emotions together i.e..) "It seems like you're feeling really disappointed right now."

Benefit:

- By helping children recognize and name their emotions, they become better at understanding feelings. This helps them relate to others and show more empathy.

**Top Tips to Teach Empathy
Encourage "Perspective Taking"**

While reading a story or watching a show together, pause and ask questions like, "How do you think this character is feeling?" or "What would you do in this situation?"

Benefit:

- This helps children understand how others feel and see things from their point of view, which is an important skill.

MORE RESOURCES, visit:

[Positivepsychology.com](https://www.positivepsychology.com) and search empathy



For information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642