

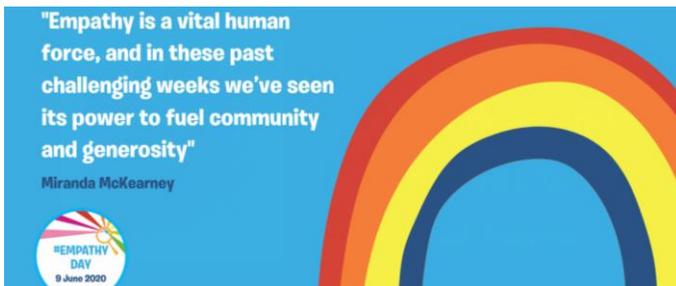


Supporting mental health and wellbeing at Emmanuel School

EMPATHY

8th June is UK Empathy Day, promoted by the Empathy Lab – an organisation who are focused on building children's empathy through a systematic use of high-quality literature. They believe that 'empathy is a beacon of hope in a divided world'.

Empathy is an essential social skill for children to learn in their early years - to be able to have an appreciation of what it is like for somebody else, to consider a situation in somebody else's shoes or looking through different glasses. For more ideas and information visit: www.empathylab.uk

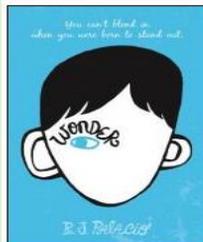


Here are some resources which can support to you to help develop your child's empathy skills:

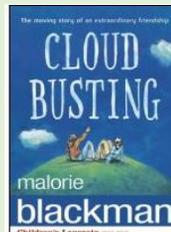
Books: Books can really help children to learn to empathise with someone else. Books have a unique power to help us see the world anew, through the eyes of characters whose experiences are very different from our own. Here are some examples:



The Jar of Happiness, Ailsa Burrows



Wonder, R.J. Palacio



Cloud Busting, Malorie Blackman

The Empathy Detective: This resource helps explain to a child what to look out for to be able to tell how other people are feeling e.g. their facial expressions; to think about why they may be feeling that way; how to imagine what it's like in their shoes; and what they can do to help. To download this, visit: www.elsa-support.co.uk/empathy-detective/



Empathy social story: This resource can be personalised to the child. It includes a guiding story, prompt cards, a target scale and certificate. It is designed to support a child to see how they can show that they care about other people.

To download, visit: www.elsa-support.co.uk/wp-content/uploads/Personalised-story-free-sample.pdf

