

Let's

talk

Wellbeing: Supporting children to develop the social skill of empathy

In June, it was 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](http://www.empathylab.uk)

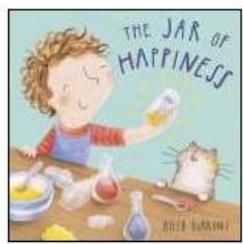
"Empathy is a vital human force, and in these past challenging weeks we've seen its power to fuel community and generosity"

Miranda McKearney

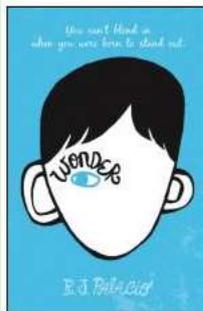


Here are some resources which can support to you to help develop your child's empathy skills:

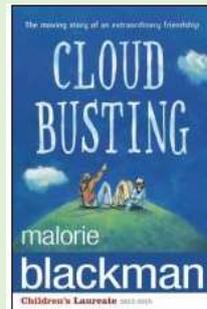
Books: Books can really help children to learn to empathise with someone else. Books have a unique power to help us see the world anew, through the eyes of characters whose experiences are very different from our own. Here are some examples:



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



More information? If you have any concerns about your child's emotional wellbeing, please don't hesitate to contact Lorraine Watkins, our school ELSA (Emotional Literacy Support Assistant), at wellbeing@emmanuel.camden.sch.uk.