



Teaching Kids Empathy

Worksheet

Behind the science:

Research shows that empathy reduces bullying, increases social connectedness, deepens happiness, and improves one's ability to forgive, move forward, and engage in happy, meaningful relationships.

What is empathy?

- The ability to distinguish one's own feelings from the feelings of others.
- Taking another person's perspective (aka, "walking in another person's shoes").
- Being able to regulate one's own emotional responses.

★ 8 Ways to Teach Empathy ★

Seize everyday moments to model sympathetic feelings for your child.

Help your child to problem-solve when they experience negative feelings.

Use a movie or book to talk about what the characters feel and why.

Help kids discover what they have in common with others.

Empathize with your child no matter how trivial their feelings may seem.

Talk about the way your child's feelings affect his or her choices in behavior.

Role-play a situation where you are upset and your child practices empathy.

Encourage kids to "make a face" when imagining how someone else feels.