Family Activity: Growing Empathy

Everyone can develop empathy, but it needs to be taught. Families can model kindness with their own everyday acts. Help plant the seeds of empathy by:

- **Asking** children to notice when one of their peers is sad or hurt, and imagine why they're feeling that way. What might they do to make that person feel better?
- **Inviting** children to stand in someone else's shoes. Literally! Switch shoes and imagine what the person whose shoes they're wearing would say and do. (only positive statements allowed!)
- **Playing** a “compliments” game: Pick one person as the “star of the day.” Others say one nice thing about that person. The next day, choose a new star until everyone has had a chance.
- **Helping** the larger community. Brainstorm a project that your family can do to make your community a better place: for everyone: save old towels for an animal shelter, recycle newspapers, collect cans for family shelter, etc.

**Inspired by Sesame Street in Communities Activity, "Growing Empathy"**

Family Reading Tip: Reading Together Matters

The importance of reading with your child is the time you spend with them. This month we have a couple of wordless picture books for you to share with your little ones. Get creative with the story you create, tell it in your home language or act it out!