



## Home Connection

### Empathy and Compassion

Dear \_\_\_\_\_,

Today in class, we learned that **empathy** means the ability to understand or relate to how another person is feeling. When we have empathy, we can then show kindness and act with **compassion**.

Please encourage your student to think of someone they could be more empathetic to at home, such as a sibling or neighbor. Challenge them to develop ways to show empathy to the person and how the person reacted as a result of their empathy. For example, helping an elderly neighbor with a task they struggle to do alone. Ask them to share their examples with the class.

Please do not hesitate to reach out with any questions or concerns.

Best,

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