



Counselor's Corner

January 02, 2019

Did You Know?

Empathy is gaining attention as an important part of Emotional Intelligence and as a means of reducing bullying. Experts suggest that spending 15 minutes per week teaching empathy produces positive results. Studies have shown a correlation between higher student achievement and empathy.¹ Children's literature is an effective tool to teach empathy. Some suggested books are: *The Boy and the Whale* by Gerstein, *Stand in My Shoes* by Sornson, *How to Grow a Friend* by Gillingham to name a few.

Empathy: Top Skill for Success



One of the most challenging responsibilities of educators is to equip students for future success. An indispensable skill for current and future success is empathy. Most every component of school requires interacting with others. Having positive relationships necessitates being aware of the thoughts and feelings of others. The ability to step back, observe and consider how our actions impact others is the key to successful school and personal relationships. Educators can help by:

- Modeling empathy in interactions with students.
- Helping students reflect on what they can do to make restitution to a peer who has been hurt by their behavior.
- Asking them how characters in books/ videos feel in stories.
- Have Restorative Circles and model listening skills. Listening shows empathy.



Related websites/contact information:

Proudtobeprimary.com/teaching/empathy/

Teachingtolerance.org

Positivepsychologicalprogram.com

¹forbes.com/sites/ashoka/2012/09/26/why-we-should-teach-empathy-to-improve-education-and-test-scores/#2197fc4e27c4

