

Friday 3rd February

Dear Parents/Carers,

February will bring a value to Stillness which is very challenging for young children but very important to the cycle of values. We will be learning about the value of Empathy.

Empathy is defined as: **The ability to understand and share the feelings of another person.**

In our assembly, the children considered how people (and animals) would feel in different scenarios and they considered how understanding another person's feelings would help them decide how to behave towards a person. You can have a look at the pictures from the assembly on our website.

Throughout the month, the children will be challenged to consider : "How would you feel if that was you?" We will link the value of Empathy to the value of Responsibility. If you like to be treated kindly and with respect, you have the responsibility to treat others in that way.

Copy and paste this link into your browser for some simple ideas on how to encourage empathy in your child at home:

<https://www.todaysparent.com/family/parenting/3-simple-ways-to-teach-kids-to-have-empathy-for-others/>

We are always on the lookout for examples of the values being lived out in the world, so if your child does anything that shows empathy, please email the story in so we can use it as an example in school.



Have a great month!

The Stillness Staff