



# 5 <sup>key steps</sup> TO HELP DEVELOP EMPATHY IN CHILDREN

## START BY PRACTICING EMPATHY

1.

Model empathy. Say, "What do you think she is upset about?" "How would you feel if that happened to you?"

## READ BOOKS THAT TEACH EMPATHY, CARING AND KINDNESS

2.

Ask questions "What are some things we can do to be kind to others?" or "Do we know anyone that might need a little extra kindness and love?"

## MAKING A DIFFERENCE AT HOME

3.

Give your children small achievable tasks to help around the house. Emphasise social skills like saying please and thank you, sharing with siblings, and recognising when others might be having a tough day.

## MAKING A DIFFERENCE IN THE COMMUNITY

4.

As your child makes a difference at home, you may expand your focus into the community. eg Donate clothing, toys or food.

## MAKING A DIFFERENCE GLOBALLY

5.

Participate in activities that make an Impact on a global scale. E.g. Donate items to those affected from a natural disaster.

You can find out more at [www.biglifejournal.com/blogs/blog](http://www.biglifejournal.com/blogs/blog)

