

Smiling Mind

Our Smiling Mind focus for weeks 7 and 8 has been on EMPATHY.

Our Learning intention: To cultivate empathy and develop prosocial values that underpin positive relationships.

This fortnight students learnt that empathy is when you identify how another person feels and how to understand their experience. Students learnt about putting themselves in another's shoes in order to see and respond to others who may be suffering. "How would I feel in this situation?" How else can you try to understand how others feel? Being able to feel for others helps students to relate to others which fosters healthy relationships. Students participated in the Wish tree meditation in which they make wishes for themselves but learn the importance of empathy by making wishes for others.

3 ideas to teach Empathy at home:

1. Acts of kindness
2. Empathy shoes- using different scenarios encourage students to 'put themselves in someone else's shoes' to understand a different perspective
3. Kindness Jar

Many thanks

Miss Castle

Smiling Mind Coordinator

