

## What Is My Child Learning?

### Unit Themes

Your child is learning what empathy is, how it is connected to kindness, and ways your child can show empathy and kindness to others. Second graders learn that having empathy means feeling or understanding what someone else is feeling. Toward the end of the unit, they practice using empathy to think of kind acts they can do for others at school or elsewhere.

### Why is it important?

Research shows that children who learn the skills in this unit are more likely to:

- ▲ **Build stronger relationships**
- ▲ **Engage in positive behaviors**
- ▲ **Avoid aggressive behaviors**
- ▲ **Be more connected and compassionate**



## Practice at Home

### What to Look For

**Notice and praise your child when** they notice how others are feeling and respond with kindness and empathy. You can say, **You saw that your brother was sad because he didn't have any crayons, so you gave him some of yours. Good job having empathy and doing a kind act to help him feel better!**

### Try This!

**Discuss:** When reading books or watching a show, help your child practice having empathy for the characters. Ask, **How do you think that person feels?** or **What's a kind act that would help them feel good?**

**Practice:** After your child has practiced using empathy to think of a kind act to do for others at school, have them think of a kind act they can do for someone they know. For example, an elderly relative, a neighbor who lives alone, or a friend who isn't feeling well.