

School Counselor Newsletter

Counselor Classroom Activities

February - Respect individual and group differences

This month students will learn to respect and celebrate the differences in people. Lessons focus on helping students identify what makes them unique and special and identifying similarities and differences between themselves and others. Students will practice skills of compassion, empathy and respecting diverse groups.

TIP OF THE MONTH:

Practicing the Skill of Empathy

How To Teach Kids Empathy

Here are six ways to teach empathy to your children, whether they are toddlers, preschool aged, or school aged.

By Samantha Rodman, PhD

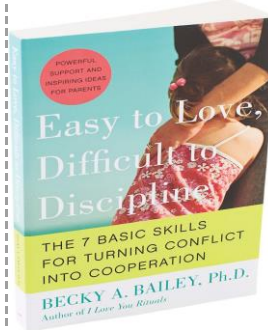
Clinical psychologist, author, founder of DrPsychMom.com

People often ask how to cultivate empathy in their children. Instead of only understanding their own point of view, parents want their children to learn how to share, take others' perspectives, and how to value other people's opinions just as they value their own. Although this skill can be tough when kids are very young, it is never too early to focus on empathy in the home and outside of it.

[Click here to read more](#)

PARENT
EDITION

UPCOMING REMINDERS/DATES



Our RP Elementary Book Club will start late February. If you signed up, look for your invite in our Facebook Group. See you there!

Conscious Discipline Family Discussions Questions:

Empathy means understanding what another person feels, and having insight into his or her thoughts and actions. How can you show others empathy? What makes this difficult?

Pretend you notice that your family member is feeling angry. What can you say and do? Pretend you notice that your family member is feeling sad. What can you say and do?