


Character Development Theme for November: EMPATHY

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Day 2 All Saints Day Interview Request Forms Sent Home to Parents Open: Online Early French Immersion Applications (JK Students)	2 Day 3 Kindergarten Virtual Assembly (AM)	3 Day 4	4 Day 5	5 Day 1 Interview Forms Due Back to School	6
7 Daylight Savings Time Ends	8 Day 2	9 Day 3 Interview Confirmation Forms Sent Home	10 Day 4	11 Day 5  Remembrance Day Assembly (AM)	12 Day 1	13
14	15 Day 2 Anti Bullying Awareness & Prevention Week	16 Day 3 School Council Meeting (5:30)	17 Day 4 Progress Reports Sent Home	18 Day 5 Parent-Teacher Interviews (PM)	19 Day 1 PA Day (No School) → Parent-Teacher Interviews (AM)	20 Universal Children's Day
21	22 Day 1	23 Day 2	24 Day 3	25 Day 4 International Day for the Elimination of Violence Against Women	26 Day 5 Closes: Online Early French Immersion Applications (JK Students)	27
28	29 Day 1	30 Day 2				

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NOVEMBER 2021

Parents, please review the character trait EMPATHY with your child - see reverse

EMPATHY



“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” (Bonnie Jean Wasmund)

Your child can show empathy by:

- Helping and understanding how others in the family feel.
- Using words to describe how others may be feeling.
- Understanding, sensing, and sharing in the feelings and emotions of others.
- Showing love, sympathy, compassion, and encouragement.
- Speaking from “I” and owning their emotions.

Questions to discuss with your child:

- What is empathy? How can we show empathy?
- What does it mean to be empathetic?

Projects to do together:

- Engage your child in volunteer opportunities, such as helping at the food bank or other community organizations.
- Develop a family project that is meant to help others.
- When reading or watching the news, encourage a discussion about how those involved might feel.

Encouraging empathy in your child:

- Encourage discussion, and expose your child to the language of emotions.
- Talk with your child about the importance of showing empathy through helping others.
- Share your own feelings with your child, providing them with the opportunity to be empathetic.
- Allow your child to express their feelings, regardless of whether they are positive or negative and help them develop strategies to manage their emotions.

Thank you for supporting our Character Development program.

BUILD CHARACTER
BUILD SUCCESS