


# Character Development Theme for November: EMPATHY

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
		1 Day 3 All Saints Day  Interview Request Forms Sent Home to Parents  Picture Retake Day & Class Picture Day	2 Day 4   Mr. Davidson & Mr. Lewis' Grade 6 Class Trip	3 Day 5 Diwali (Hinduism)  Kindergarten Empathy Assembly (AM)	4 Day 1     →	5
6  Daylight Savings Time Ends	7 Day 2   Interview Request Forms Due Back to School	8 Day 3   National Indigenous Veteran's Day	9 Day 4	10 Day 5   Gr.7 & Gr. 8 School Immunization Clinic	11 Day 1   Remembrance Day  Gr. 4 – 8 Remembrance Day Assembly (10:50am)  Gr. 1-3 Remembrance Day Assembly (12:40pm)  Interview Confirmation Forms Sent Home	12
13	14 Day 2  World Diabetes Day	15 Day 3	16 Day 4   Report Cards Sent Home	17 Day 5   Parent-Teacher Interviews (PM)	18  PA Day (No School)  Parent-Teacher Interviews (AM)	19
20  Universal Children's Day	21 Day 1	22 Day 2   Toronto Public Library Visits for Kindergarten (PM)	23 Day 3	24 Day 4   Toronto Public Library Visits for Kindergarten (PM)	25 Day 5   International Day for the Elimination of Violence Against Women  Gr. 1-3 and Gr. 4-8 Character Recognition Assemblies	26
27	28 Day 1	29 Day 2	30 Day 3			

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

## NOVEMBER 2022

# 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, or helping a neighbour.
- 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 and how those emotions may make them feel.
- 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 (e.g., Zones of Regulation Program).

**Thank you for supporting our Character Development program.**

**BUILD CHARACTER  
BUILD SUCCESS**