



What Is My Child Learning?

Your child is learning that people can show their compassion for others by saying something kind or doing something helpful.

Why Is It Important?

Learning about how to show compassion for other people helps children take action on their feelings of empathy.

Ask your child: How do you show compassion for others at school?

Read Together

When you have empathy for others, you can say or do many things to show your care and concern. Showing care or concern for others is called *compassion*.

Saying something kind or doing something helpful for others are examples of showing compassion.

Practise Together: Compassion at Home

1. Work together to write examples of things you have done or said or could do or say to show compassion to others at home. There are examples to get you started.
2. Talk about how showing compassion made you feel in those situations.

Compassion Looks Like	Compassion Sounds Like
Helping a family member bring in some heavy groceries.	Telling family members you care about them when you notice they are feeling sad.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)