

WHAT IS EMPATHY?

“To see with the eyes of another, to hear with the ears of another, to feel with the heart of another.”

— Alfred Adler

Empathy is being able to understand and acknowledge another’s feelings and needs. There are two important steps to demonstrating empathy.



Step One

Put yourself in someone else’s shoes and feel what that person is feeling.

Step Two

Act in a way that you would want others to act if you felt the same or if the same thing happened to you.



Empathy is the fundamental building block to the character traits we focus on at Key School: **Respect, Responsibility, Trustworthiness, and Kindness**. It is empathy that allows us to recognize how others feel and how our actions affect the world around us. When we have empathy, we act in a manner that shows all four character traits:

RESPECT: I show consideration and appreciation for myself, others, and everything around me.

RESPONSIBILITY: I do my best, am accountable for my words and actions, and take care of my belongings and the property of others.

TRUSTWORTHINESS: I am truthful and do the right thing even when no one is looking.

KINDNESS: I am caring and show concern and compassion for others.

The Key School Character Education Committee has chosen Empathy to be our theme for 2013-2014. Watch for additional educational materials throughout the year on how you, as parents, can help to foster empathy in your children.