

Empathy: What is it?

- Empathy is the ability to recognize the emotions of others. Children under two years of age can show empathy. It is never too early to foster empathy.
- Empathy helps children understand others' viewpoints, needs and intentions.
- Empathy is key to creating successful relationships. Strong relationships build resilience, which helps children bounce forward from difficult times.

Empathy encourages kind, helpful behavior

- Empathetic children are willing to share, help and comfort others.
- Model empathy by asking your child how they are feeling, listening to their feelings, and acknowledging their feelings.

Empathy creates a safer school culture

- Less bullying and a more tolerant environment is developed through increased empathy.

Empathy fosters positive student relationships

- Children who show empathy are more popular with their peers.

Empathy leads to school success

- Empathetic students are more cooperative in class, have better relationships with teachers and are more engaged in school.
- Students who practice empathy tend to excel in school.

MORE RESOURCES

- [Greater Good Science Center: Empathy for students](#)
- [Big Life Journal: Strategies to teach children empathy](#)
- [MyHealth.Alberta.Ca: Promoting positive Mental Health](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

