



Mental Health in Schools Team (MHST)

Tips For Wellness:

EMPATHY

Empathy is the ability to share someone else's feelings or experiences by imagining what it would be like to be in that person's situation. Try to imagine you are putting yourself in someone else's shoes!

Empathy helps us to build good relationships and connections with others, understand what others are thinking and feeling, and respond appropriately, and also learn to manage our own emotions and understand ourselves better.

Developing empathy can be really difficult...it takes patience, listening and understanding, and it is about putting someone else's feelings before our own!

Our tips for developing empathy:

1- With another person, take it in turns to use Play-Doh to create an emotion and then guess what that person was feeling! You could also give an example of when someone might feel that way.

2- Empathy motivates us to act in situations, and these are often **acts of kindness**.

Try to help a peer at school this week who might need some support. Why not try an act of kindness at home too? You could even write a message of kindness down and give it to someone who might need cheering up.

Follow the QR code to some more activities and circle time ideas to promote empathy and kindness, e.g., Kindness Bingo!



More activities!

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSStars certificates. If you know a child or young person that deserves recognition for going above and beyond, don't wait, nominate!

thankskids@covwarkpt.nhs.uk

MHST are available to support you and your school throughout the school year including term time and school holidays. Please contact your school's Mental Health Lead for information and advice.