

"Taking Care" A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors



This month is dedicated to:

EMPATHY

Empathy is... **seeing** with the **eyes** of another, **listening** with the **ears** of another, and **feeling** with the **heart** of another.

For Students, Parents & Teachers

Grades K-4

- [Teaching Empathy: A Compassionate Classroom](#) (article)
- [All About Empathy](#) (5 min video)
- [12 Books That Model Empathy](#) (article)

Read Aloud Links for Digital Classrooms

- [You, Me & Empathy](#)
- [Start With Sorry](#)
- [Stand in My Shoes](#)
- [The Invisible Boy](#)
- [We're All Wonders](#)
- [I am Human](#)
- [Listening With My Heart](#)



Grades K-8

- [50 Books for Kids and Teens That Teach Empathy](#) (article)
- [21 Activities to Teach Kids Compassion](#) (activities)
- [8 Activities for Building a Compassionate Classroom Culture](#) (activities)
- [Compassion Activities and Tools for Students](#) (resources)
- [Cotton vs. Sandpaper Words](#) (classroom lesson)

Grades 9-12

- [Classroom Lesson: 4 Strategies for Teaching Empathy](#) (article)
- [How to Help Teenagers Develop Empathy](#) (article)
- [The Importance of Empathy](#) (3.5 min video)

