

"Taking Care"

A Mental Health & Wellness Monthly Newsletter
Prepared by: GSSD School Counsellors



The month of April is dedicated to Empathy and Compassion

"Empathy is simply listening, holding space, withholding judgment, emotionally connecting, and communicating that incredibly healing message of you're not alone."

~ Brene Brown

For Staff

- 9 Strategies For Cultivating Empathy and Compassion in Your Classroom (Article)
- How to Build Empathy and Strengthen Your School Community (Article)

For Parents/Caregivers

- 5 Tips for Cultivating Empathy (Article)
- How Can We Teach Kids Compassion (Resources & Activities)
- Teaching Empathy (Article)

Kindergarten – Grade 3

- 40 Kindness Activities & Empathy Worksheets for Students & Adults
- Books That Teach Empathy

Grades 4 – 7

- 40 Kindness Activities & Empathy Worksheets for Students & Adults
- The Importance of Empathy (3 Min. Video)

Grades 8 – 9

- 17 Activities for Kids to Practice Kindness and Compassion (Activities)
- Teaching Empathy Activities for Middle-School (Activities)
- Walk in Someone Else's Shoes (Activity)

Grades 10 – 12

- How To Help High School Students Develop Empathy (Article)
- Inspire Empathy in Your Students (Article)



SHARE YOUR ACTIVITIES THAT SHOWCASE EMPATHY & COMPASSION



#GSSDTAKINGCARE

