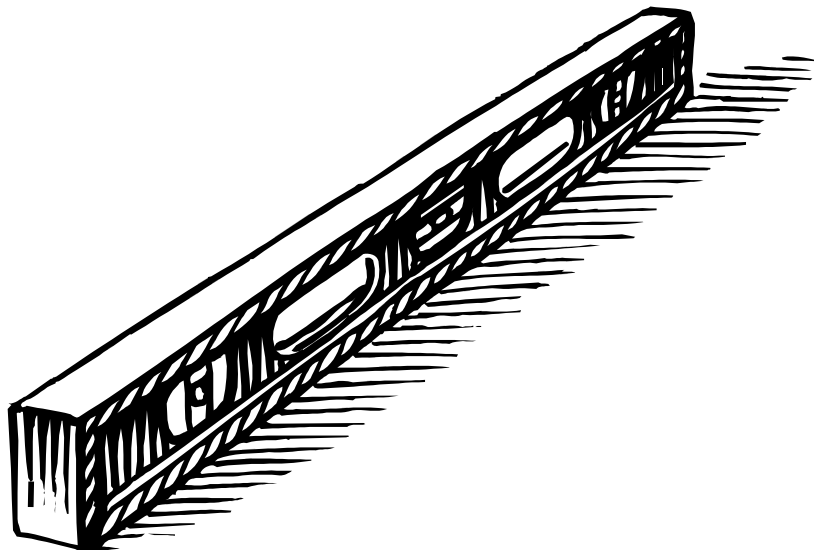


# Foundation Activity #5: Tools 1-4

## *Empathy Tool*

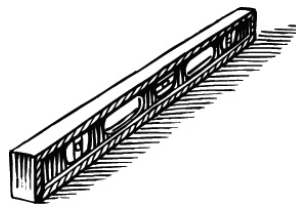
.....  
**PHOTOCOPY MASTERS**  
.....



### **Web Portal Support Materials:**

- Empathy Tool Drawing-Writing Journal: Lined/Unlined pages
- Empathy Tool Large Tool Card
- Home Connection Letters: Empathy Tool (English & Español)
- Home Connection Activities: Empathy Tool (English & Español)
- Empathy Book template

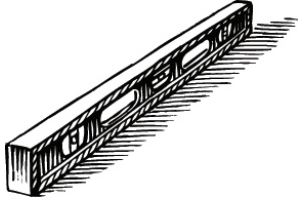
thoughts my feelings my body my attitudes my tools my thoughts my feelings  
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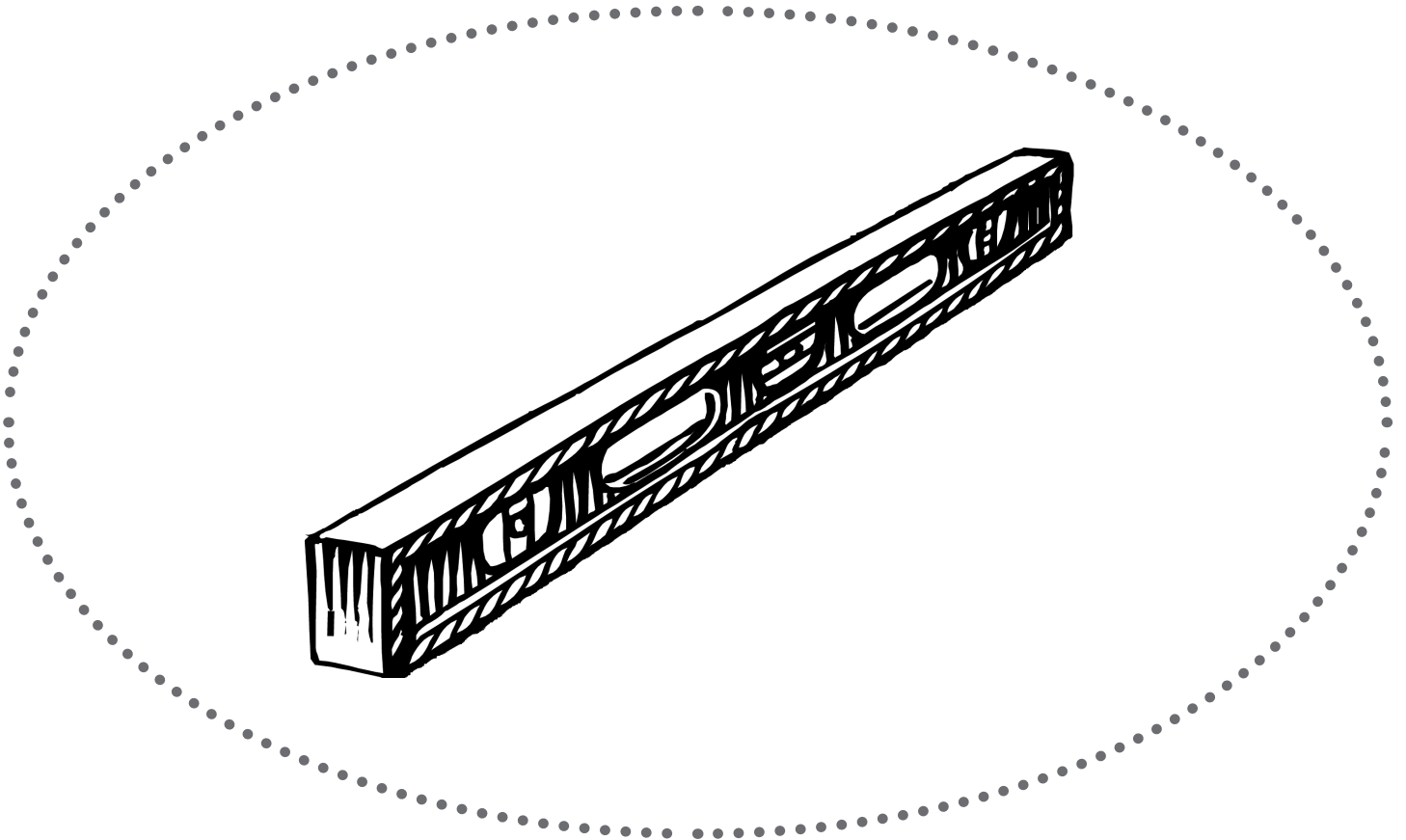
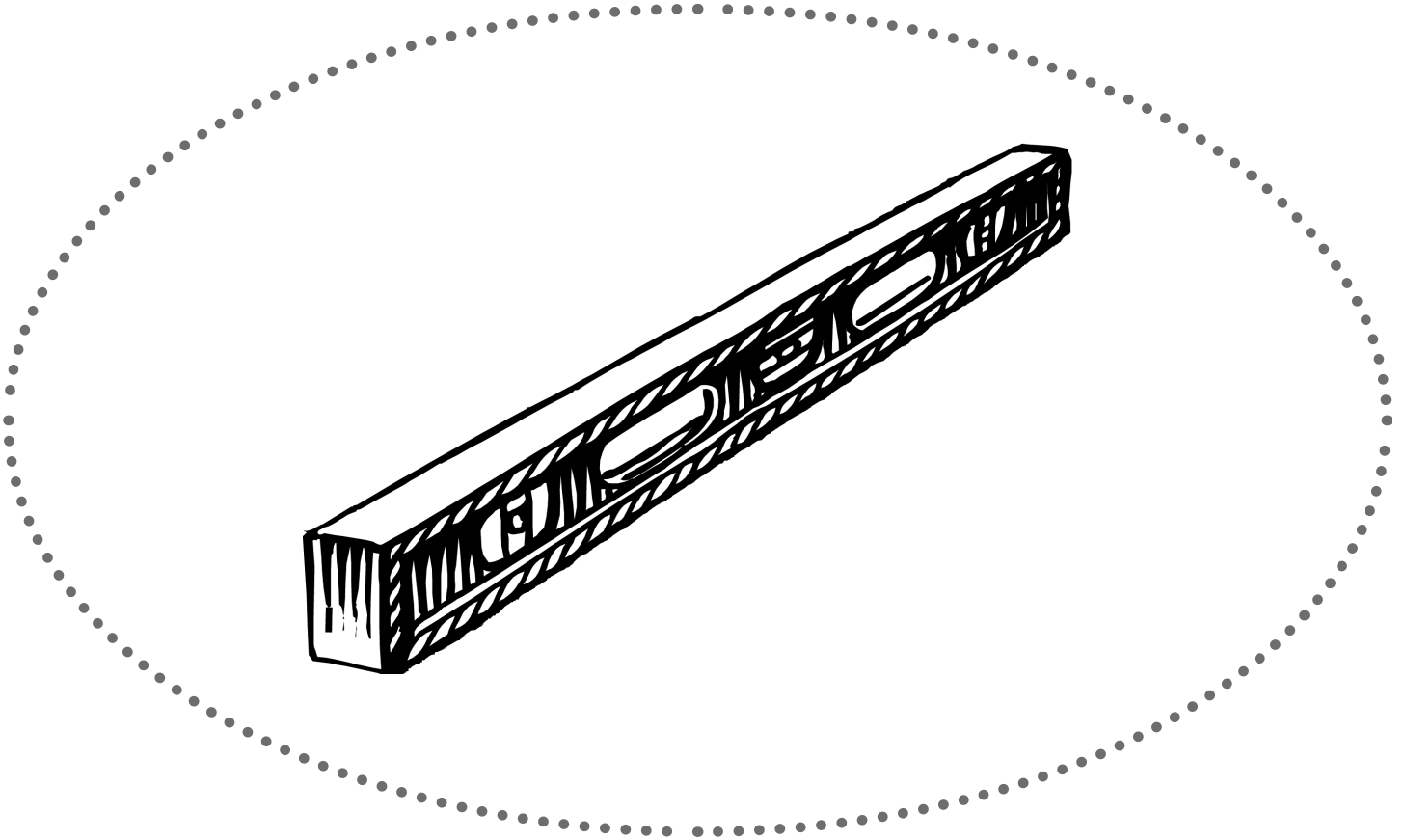
# My Empathy Tool

A series of horizontal lines for writing, consisting of solid top and bottom lines with a dashed midline, repeated ten times.

thoughts my feelings my body my attitudes my tools my thoughts my feelings  
my body my attitudes my tools my thoughts my feelings my body my attitudes my tools my thoughts my feelings  
my body my attitudes my tools my thoughts my feelings my body my attitudes my tools my thoughts my feelings  
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# My Empathy Tool



# Empathy Tool

I care for others.  
I care for myself.

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# Empathy Tool

I care for others.  
I care for myself.

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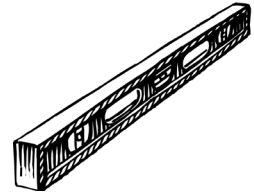


## Empathy

*I care for others. I care for myself.*

Dear Parents,

Empathy is one of the most important Tools for Life. It is defined as “a capacity for participation in another’s feelings or ideas.” To empathize with another is to experience something about what they are feeling. Empathy is the root of understanding, kindness, and forgiveness. Caring and compassion are other words that describe Empathy.



Your child is learning how using the Empathy Tool requires that:

- Start I understand how I am feeling.
- I think about how the other person is feeling.
- I say what I am feeling, and listen with caring and understanding to what the other person is saying and feeling.

Connecting to the feelings of characters in books and stories is a common way to teach about Empathy. When you read to your child or your child reads to you or tells you a story, ask, “Have you ever felt that way?” or “I know just how he feels!” or “How do you think she feels right now?” When your children remind you to use your Empathy Tool, they are asking to have their feelings acknowledged.

Here are some suggestions for bringing the Empathy Tool home:

- Remind family members to “Use your Empathy Tool” as a signal to noticing each other’s emotions.
- Talk with your child about seeing things from someone else’s perspective - by “walking in someone else’s shoes.”
- During conflicts, listen without judgment when your child talks about how he/she is feeling. Naming their feelings is the first step to helping children figure out why they are having those feeling, and then do some problem-solving.

Empathy is caring for yourself and caring for others. Please complete the TOOLBOX Home Connection Activity together. By practicing Empathy at home, you strengthen your family and you help us create a happier, healthier school community together. Thank you!

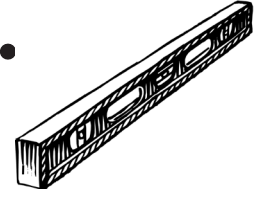
With appreciation and gratitude,

Mark A. Collin, MA, MFT  
Founder/Author  
mark@toolboxproject.com

# HOME CONNECTION ACTIVITY



## Empathy Tool



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Ask a family member to tell you about a difficult thing they had to do. Tell your family member how you think they felt when they had to do the difficult thing.

EXAMPLE:

Mom says—"I had to wait in bad traffic for an hour."

You say—"I bet that made you feel frustrated."

Were you right about how they felt?

Draw a picture showing your family member doing a difficult thing. Then draw yourself helping.

Empathy Book Template

