

# **Empathy is....**

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

Dear Parents,

This term, our Christian Value for the next 4 weeks is Empathy, having the ability to put yourself in another person's shoes and understand how they are feeling. The skill of understanding how others feel and helping them if they need it is a very important skill. As Christians we are commanded **to love one another as we love ourselves** and practice this in everyday life. Sometimes this can be a challenge to us all! I am always amazed at how our children and families at St John's do go that extra mile to think about others and offer help. Amelia Smith and Adam McIntosh in year 3 are a fantastic example of this, recently they were concerned for homeless young people at Street Life and decided to raise money by selling Loom Bands in school, raising £25.

In school each week in collective worship children will be exploring how Jesus walked in our footsteps and showed empathy to people here on earth. They will also be reflecting on how they can show empathy to others in school and at home just as Jesus did. Each week they will take part in an Empathy Challenge that will be delivered to their classroom in a shoe box. They will be asked to think about different life situations and how they would respond with empathy.

How you can support at home.

- Watch Stand in My Shoes You Tube Clip by Bob Sornson  
<https://www.youtube.com/watch?v=TWQHzG5z8XA> and ask your child to reflect how others feel. Then put empathy into action into your own house.
- Ask your child to think about questions for example:  
Would the world be a better place if people showed empathy?  
How would empathy change your own world?

Please share any stories or photographs of your child going that extra mile to help others with me, [sandra.hall@st-john.blackpool.sch.uk](mailto:sandra.hall@st-john.blackpool.sch.uk) to put on our 'empathy in action display'.

**Be a rainbow in someone else's cloud.**