



Mental Health in Schools Team Tips For Wellness



Learning
disability week -
17-23rd June

Empathy

You may have heard the saying, 'before you judge someone, put yourself in their shoes'. This saying is about empathy. Having empathy means that we are aware of how other people feel and can imagine what it might feel like to be in their situation (or in their 'shoes').

Let's share some examples:

- Have you ever felt sad because a friend was sad? That's empathy! For example, if you feel sad because your friend did not make the football team (even though you are not on the team), that's empathy.
- Have you ever thought a game was fun but your friend felt it wasn't fair? If you understand that your friend is not having a good time (even though you are) that's empathy! When you look at the situation from someone else's side of the story and understand how they are feeling, that's empathy.

Our tips for empathy:

1. Read a book or watch a TV show. Pick a character in the book or show and imagine how that character might feel. Do you think all the characters feel the same?
2. Listen. Ask a friend how they are. Listen carefully to them. Make sure you stop whatever you were doing and don't let yourself be distracted. Can you give them any advice by putting yourself in their shoes?
3. Look at pictures of people in a book or magazine. Can you tell how someone is feeling from their face? Find the pictures that show the emotions happy, sad, and angry.
4. Volunteer. This can help you to understand how others live. This is a great way to develop empathy.

#ThanksKids recognises the efforts and kindness of children and young people, and thanks them with personalised #NHSSStars 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.