

Core value of the month



Empathy

Related values:

cooperation

caring

kindness

forgiveness

happiness

humility

humour

compassion

love

Definition:

- Empathy is about how people are feeling.
- Empathy is considering the feelings of others before you act/react.
- Empathy is putting yourself in someone else's shoes and consider how they are feeling and thinking.
- Empathy is being aware of how we might impact the feelings of others.

Actions that show this value:

- Looking at someone and using their body language to realise they are upset or not enjoying what is happening.
- Stopping before we say something hurtful to somebody.
- Offering to help someone with a big or difficult task like tidying up the dining hall or carrying lots of books.
- Asking someone if they are ok if they seem different, worried or upset.
- Being compassionate towards others.
- Helping people when they are sad

Actions that don't show this value:

- Saying hurtful and personal comments about someone.
- Hurting someone physically
- Leaving someone out.
- Not sharing.
- Not offering to help someone when you can see they are busy or finding something hard work.
- Not listening to someone because you think they are less important.
- Not showing compassion.
- Judging people based on their emotions.

What does empathy look like?

People who show empathy:

- Think about the feelings other people might be feeling
- Think about what people might think and feel because of our actions
- Show kindness to everyone

People who show empathy realise:

- That everyone has feelings, including adults
- That we can make people feel better and worse
- That everyone deserves kindness

People show empathy by:

- Listening to each other calmly and fairly
- Speaking to each other nicely and in a positive way so not to hurt feelings
- Ask if others are ok
- Being helpful and kind
- Treating others like they themselves would like to be treated.