

Connect with Heart

Understanding and feeling what others are experiencing.

This month, we're focusing on empathy and challenging students to make sure that everyone they interact with feels seen, heard, and valued. **We are partnering with you to grow and develop empathy in your student at home.** As a family, use these activities to reflect on how to better understand and celebrate others to connect with heart.



1

ENGAGE: *Celebrate Differences*

Generate a list of each family member's favorite things, such as their favorite ice cream flavor or favorite thing to do. Identify any similar answers and celebrate those things you have in common. Discuss how those similarities might impact your family and your relationships. Identify and celebrate each other's differences. How might those differences impact your family? How do your differences make you strong? Use this example as a reminder for your student, and your family, to celebrate our unique differences. We are better TOGETHER!



2

EMPOWER: *Build a Family Social Contract*

Schedule time to have a family meeting and develop a family Social Contract together. Ask everyone to answer these questions:

- How do we want to treat each other?
- How do we want to treat each other when there is conflict?

Write down any words you identify as a family (respect, kind, honest) and ask each member to commit to the contract by signing it.



3

EXCEL: *Find the Light. Be the Light.*

As a family, brainstorm a list of 3-5 individuals you typically encounter during the day who may not receive many notes or words of affirmation or appreciation. Consider people who make your day brighter or provided a needed service, like your mail carrier, the cashier at your local store, or a neighbor. Ask each person in your family to write a note thanking that person for being a "Being a Light."

Conversation Starters

♥ Describe a time when someone really listened to you. How did it make you feel?

♥ What is something you can do to better listen to others?

♥ When is it most difficult to listen and be open-minded?