

Counselor's Corner

October 2025

Character Trait: Empathy

Empathy is the ability to understand and share the feelings of another person. It means putting yourself in someone else's shoes, imagining how they might feel, and responding with kindness and care.

Empathy in Action Challenge

- Notice when a friend is upset and offer to listen.
- Include someone who feels left out.
- Respect different perspectives, even if you don't agree.
- Celebrate others' successes and comfort them in hard times.

Book about Empathy

Last Stop on Market Street by Matt de la Peña – helps children appreciate differences, see beauty, gratitude, empathy in everyday interactions.

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