



Celebrate with Empathy

Learning Through Play (All Ages)



ACTIVITY:

Read aloud *Let's Celebrate! Special Days Around the World* by Kate DePalma. have children identify similarities and differences in holiday celebrations in their community.



From young age, children are capable of feeling and showing empathy. Empathy is a learned skill that can be practiced during the holidays. Provide children the opportunity to think outside of their own experiences and show compassion toward others.

Try these strategies this giving season with children:

- Model active listening to help children develop their social-emotional skills. This means listening deeply, responding with open-ended questions to deepen your understanding, and acknowledging a child's experience.
- Speak openly to your child about the wide range of people's experiences. It is natural to want to shield children from hardships happening in the world, in your community, or even in your family, but children actually benefit from open, honest conversations. Practice asking open-ended questions and sharing non-judgmental information about how they are feeling.
- Give your child opportunities to experience and understand what they can actively do to practice compassion toward others in their immediate community.