Creating a Culture of Kindness:
Fostering Empathy at Home and School

1) Help children develop their emotional awareness and emotional management skills.

2) Call out meanness and lack of empathy whenever you see/hear it. Point out kindness and empathy whenever you see/hear it.

3) Teach children the difference between "making fun" and "having fun."

4) Help them slow down and pay attention to the feelings of others. Engage children in wondering about others' experiences.

5) Teach them how to listen to, and accept as valid, the experiences of others. Model this by listening carefully to your children.

6) Explain the difference between The Golden & The Platinum Rule.

7) Read to them. Introduce children to books by diverse authors, with diverse characters. Imagine the characters' perspectives.

8) Refrain from judging others. Model giving people the benefit of the doubt. *"Be kind, for everyone you meet is fighting a battle you know nothing about."*

9) Teach children to question stereotypes. Help them appreciate all kinds of differences, and build relationships with diverse people.

10) Help children take action! Action reinforces empathy.

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