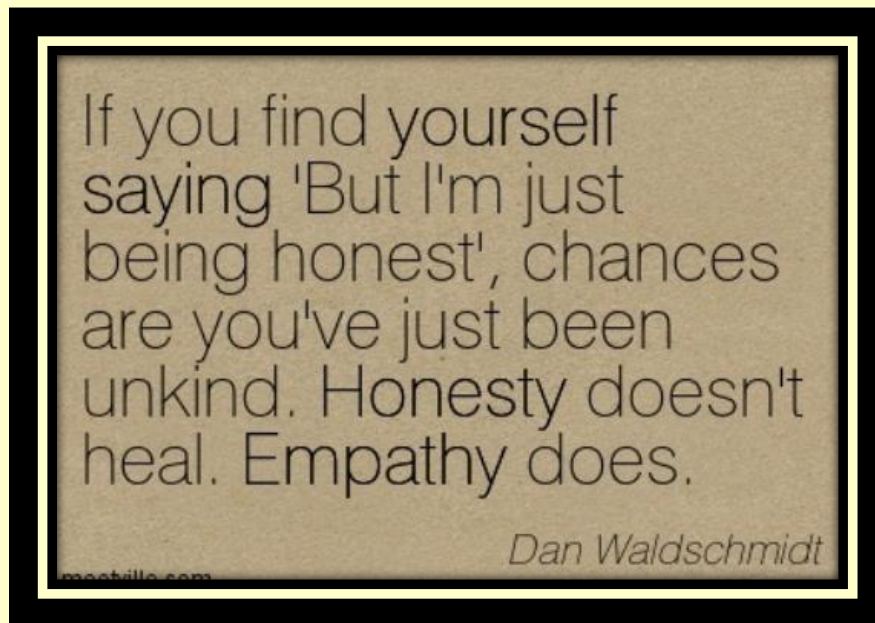Tuesday, March 24, 2020

Good morning, Creekers!

This month's Creekers' Code is **Empathy**.

Empathy is the ability to understand how someone else is feeling. It is the ability to "put yourself in someone else's shoes" and to understand the way a situation might make them feel.

Here is a quote from Dan Waldschmidt.

If you find yourself saying 'But I'm just being honest', chances are you've just been unkind. Honesty doesn't heal. Empathy does.

Dan Waldschmidt

Tuesday's- Word of the Day is

Solace- this means to give comfort and support to others.

Create a Calming Glitter Jar

Click for the link.

GROWTH MINDSET

Click for the link.

5 Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal