


## Social Emotional Learning Resources for Secondary Families (Lesson #3)

Plano ISD would like to provide parents with strategies and tips to support their child’s social emotional development at home. These social and emotional skills are essential for navigating through today’s current events and for meeting life’s challenges in the future.

### ③ EMPATHIZING WITH OTHERS



- **Recognize how another person is feeling.**
- **Take the person’s perspective (stand in the person’s shoes).**
- **Feel what the person is feeling.**

<u>ACTION</u>	<u>REFLECTION</u>
<ul style="list-style-type: none"> <li>→ When discussing literature, social studies, or current events, ask questions that connect with students’ sense of empathy.</li> </ul>	<ul style="list-style-type: none"> <li>→ When discussing other people’s lives, ask:                             <ul style="list-style-type: none"> <li>- How do you think he/she/they felt in that experience?</li> <li>- How would you (or your family) feel if you (or they) were experiencing something similar?</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>→ When watching a video, reflect on social cues that indicate emotional states.</li> </ul>	<ul style="list-style-type: none"> <li>→ When watching a relevant video, ask students:                             <ul style="list-style-type: none"> <li>- How do you think that person feels right now?</li> <li>- How can you tell? What can you tell from his/her facial expressions? Or body language? Or tone of voice?</li> <li>- How do you think you would feel if you were that person?</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>→ When talking with a student, try to mirror his/her emotions in your facial expressions, tone of voice, and body language. If the student is happy/sad/worried, your expressions should be similar.</li> </ul>	<ul style="list-style-type: none"> <li>→ Teacher self-reflection questions:                             <ul style="list-style-type: none"> <li>- How does recognizing and mirroring a student’s emotional state help your relationship with that student?</li> <li>- How does it help the student self-regulate?</li> <li>- How does it help de-escalate strong emotions?</li> </ul> </li> </ul>

### SEL Essentials for Parents:

A great way to work on empathy with your child is to regularly ask “What do you think that person is feeling right now?” It can be a character in a story, a person met during the day, or even a family member reacting to a significant event.

Model empathy skills in regular communication by recognizing your children’s feelings, trying to see the situation from his/her/their perspective, and mirroring their emotions in your facial expressions.