



High School

Home Connection

Empathy & Compassion

Dear _____,

I wanted to share with you what your student has been learning about empathy and compassion. In our lesson, we discussed how empathy is the ability to understand or relate to how another person is feeling. When we have empathy, we can show kindness and act with compassion, which is especially important when much of our communication happens online. Without face-to-face interaction, it can be easy to make snap judgments or send hurtful messages, which can harm our relationships.

We explored how showing compassion means connecting with someone going through a hard time by understanding their feelings and joining them in their experience. This can be done by recalling similar situations we've been through or imagining what it would be like to be in their shoes. Empathy builds stronger connections with others and encourages the same treatment in return when we face difficulties.

To continue this conversation at home, please ask your student: "Can you think of a time when someone showed you empathy and compassion? How did it make you feel, and how can you show empathy to others in your life?" This can be a great opportunity to discuss the importance of empathy and brainstorm ways to practice it daily.

Please do not hesitate to reach out with any questions or concerns.

Best,
