



# Empathy

At Birchwood Avenue Primary School, we believe that empathy is when we ***'think and relate to how other people may be feeling, by putting ourselves in their shoes'***. It is important for us to notice and understand the feelings of other people, as it helps us all to get along and feel better. Having empathy is a 'superpower' as it helps us to become the best person you can be!



To allow us to have the 'superpower' empathy, we must think about how people are feeling by:

- ☺ Considering the feelings of other before we act/react.
- ☺ Be aware of how we might impact the feelings of others
- ☺ Respect and value differences
- ☺ Manage difficult feelings like sadness, anger, and frustration