

Counselor's Corner
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Empathy The Anti-Bully

In our FLEX lesson last week we talked about Empathy. I explained to students that Empathy is putting yourself in someone else's shoes and trying to understand and share their feelings and make connections with them. It is **not** feeling sorry for someone or trying to fix their feelings by using "at least" statements.

One of our focus points during Random Acts of Kindness month was to learn to be empathic and to treat others the way we want to be treated. It is very difficult to bully someone when you're showing them empathy. Take some time to talk to your child about ways to be empathic and make connections with others.