



P596X Wellness News What's Happening@ P596X

MARCH'S EXERCISE CHALLENGE: EMPATHY



Empathy is trying to understand what another person is feeling. It is seeing the world through another's eyes. It helps people to get along better and to feel better. Having empathy is a key ingredient to becoming the best person you can be

Empathy



I can BEE EMPATHETIC

by showing others I understand and relate to their feelings.

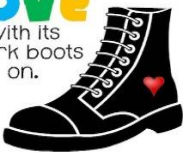
You can practice empathy by:

- listening to someone rather than trying to talk to them
- asking someone how they are feeling if you think there is something wrong
- learning about people from different backgrounds and cultures
- showing concern and care for others
- paying attention to the needs of others
- getting to know someone better instead of judging them

A Peek At Last Month's Kindness to self and others

Kindness

is just
Love
with its
work boots
on.



Students watched videos and engaged in fun activities about their feelings.

Students across 596 wrote and delivered letters to students in other classes to be friendly and build a kind community.



Family Buddy

We had our KICKOFF, and it was great, but it is not too late **don't be shy: please sign up!**

Food for Thought

Learning to stand in somebody else's shoes, to see through their eyes, that's how peace begins.

And it's up to you to make that happen.

Empathy is a quality of character that can change the world.

Barack Obama

Upcoming Wellness Activities

April 596x will be focusing on Senses
Book: The Proudest Blue: Ibtihaj Muhammad