



# Counselors' Corner

December 2020



## Word of the Month: Empathy

Definition: the ability to understand and share the feelings of someone else.

Synonyms: Understanding      Compassion

Sentence: He felt great **empathy** with the poor.

### Video:

Sesame Street: Mark Ruffalo: Empathy

[https://www.youtube.com/watch?v=9\\_1Rt1R4xbM](https://www.youtube.com/watch?v=9_1Rt1R4xbM)

Building Empathy for Kids

<https://www.youtube.com/watch?v=QVqZ4Wgl9q8>

The Empathy Game #2

<https://www.youtube.com/watch?v=cObsOhaegfk>

Empathy Can Change the World

<https://www.youtube.com/watch?v=aU3QfyqvHk8>

### Books:

A Sick Day for Amos McGee by Philip C. Stead (PK-1st grade)

Stand in My Shoes: Kids Learning About Empathy by Bob

Sornson Ph.D. (3<sup>rd</sup>-4<sup>th</sup> grade)

Wonder by R.J. Palacio (4<sup>th</sup>-7<sup>th</sup> grade)

## Sympathy vs. Empathy Difference

(according to Merriam-Webster)

*Sympathy* is when you share the feelings of another; *empathy* is when you understand the feelings of another but do not necessarily share them. When a friend grieves over the loss of a loved one, you might send that friend a *sympathy card*. The card says that you are feeling sad along with your friend because your friend is grieving. The sentiment behind *empathy* is often presented in the familiar saying “*to put yourself in another's shoes*”.

**It's Christmas time!!  
The Angel Tree looks  
a little different this  
year, but we ARE  
doing it! Please  
call/email Mrs.  
Wallace if you are  
interested in  
adopting a student  
from the Angel Tree.  
Let's get all of these  
angels adopted! All  
gifts need to be  
wrapped and  
dropped off at the  
office by Monday,  
December 14<sup>th</sup>!**

### Contact Information

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### Counselor Needs:

- Individually wrapped snacks
- Suckers
- Chapstick
- Pants of all sizes 4T-16

THANK YOU SO MUCH FOR YOUR HELP  
BUILDING OUR HYGIENE CLOSET!