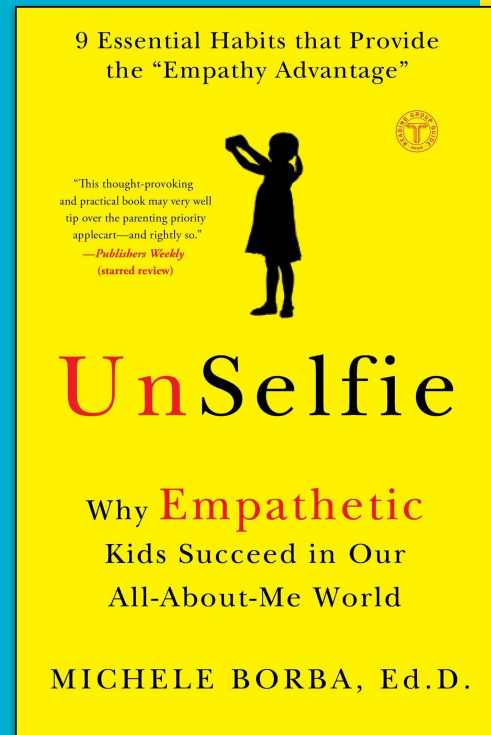


UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World

By Dr. Michele Borba



**Presented by
Mr. Daniel Garcia
Mrs. Saladino**

Harvard released a survey from 10,000 students asking them which VALUES were most important to them.

What do you think they said?

- 80% answered “high achievement” or their own “happiness”
 - 20% picked “caring for others”
 - 4 out of 5 teens said their parents cared more about achievement or happiness over caring
 - 96% of parents said moral character development is essential for their children
-

Why should we help our kids develop their empathy muscles?

[Link to TedTalk around Empathy as
Skill that Can Be Learned](#) -Jamil Zaki

- Future health
- Wealth
- Authentic happiness
- Relationship satisfaction
- Bounce back from adversity
- Promotes kindness, prosocial behaviors, and moral courage
- Antidote for bullying, aggression, prejudice, and racism
- Positive predictor of achievement in Language Arts and Mathematics
- Job market boost

EMPATHY = SUCCESS

9 Essential Habits that Empathetic Children Practice (Pg.25)

Emotional Literacy

Recognize and understand the feelings of others.

Moral Identity

Adopting moral value that guide your daily life.

Perspective Taking

Stepping into another's shoes to understand another person's feelings, thoughts, and views

Moral Imagination

Using literature, films, images as a source of inspiration to feel with others.

Self-Regulation

Managing strong emotions and reduce personal distress so he/she can help others

Practicing Kindness

Increasing your child's concern about the welfare and feelings of others.

Collaboration

Help him or her in working on common goals for the benefit of all.

Moral Courage

Emboldens him/her to speak out, step in, and help others.

Altruistic Leadership Abilities

Make a difference for others, no matter how small.

Emotional Literacy (ES)

- Silent Films
- “Feeling Detectives” at the Grocery store or mall
- Charades and develop an emotional vocabulary

Moral Identity (DG)

- Using nouns over verbs
 - Say “Be a helper” instead of “Please help Bowen”
- Create Birthday Letter highlighting child’s caring moments.
- Develop a family mantra around values

Understand the Needs of Others

Stepping into another's shoes to understand another person's feelings, thoughts, and views

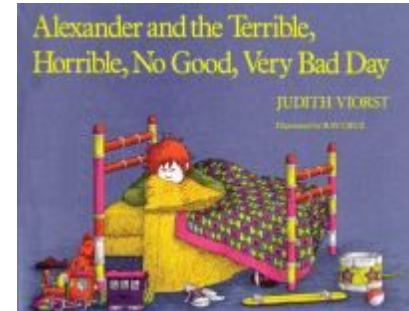
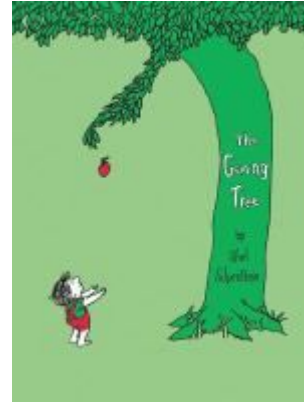
- Feels and Needs Technique
 - Say, “How do you think Cody feels?”, “What do you think he needs?”
- Take your child to work day
- Make a face to show what someone else might be feeling



Moral Imagination (Dan)

Using literature, films, images as a source of inspiration to feel with others.

- Making time in tight schedules to prioritize fiction reading at home at child's reading level.
- Reading makes kids **SMARTER** and **KINDER**
- Use picture books
- Fiction= Empathy Muscles (Neurons are firing)
- Family Movie Nights



Keep Their Cool

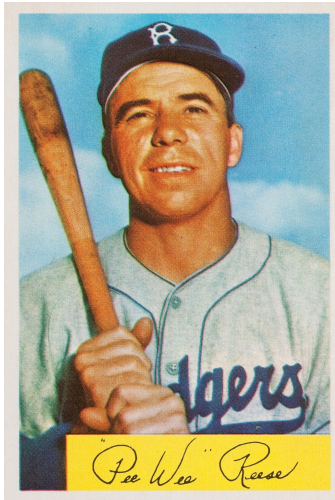


Practice Kindness

- Kindness centerpiece
- Spur of the moment kindness
- Build a scrapbook of kindness for your child

Stick Their Necks Out

- Dispel the “Superman Myth”
 - Pee Wee Reese



Want to Make a Difference

- Match your child's passions to giving projects (Ex. animal shelter, cooking, reading)
- Share changemaker stories

Links to Reference

- Empathy is teachable and must have a focus in our parenting with our children, just as much as anything else or more
- Empathetic kids are more successful and happier than less empathetic kids
- 9 Habits are a guide and the book is helpful for tips in each area
- We are in this together. In unity there is strength. Start a book club
- MAKE IT FUN!

[Link to UnSelfie-Amazon](#)

[Link to TedTalk around Empathy as Skill that Can Be Learned](#)