

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

By Dr. Michele Borba

9 Essential Habits that Provide the “Empathy Advantage”

“This thought-provoking and practical book may very well tip over the parenting priority applecart—and rightly so.”  
—*Publishers Weekly*  
(starred review)



## UnSelfie

Why **Empathetic** Kids Succeed in Our All-About-Me World

MICHELE BORBA, Ed.D.

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
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# 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

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**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

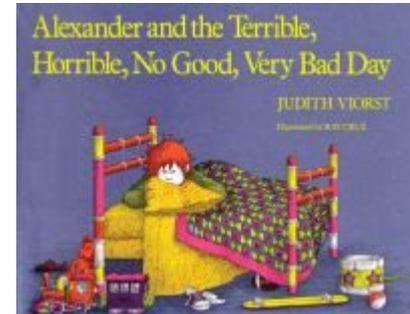
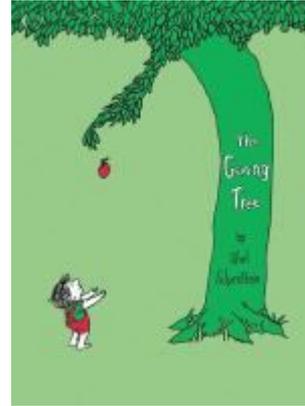
- Feels and Needs Technique
  - Say, “How do you think Cody feels?”, “What do you think he needs?”
- Take your child to work day
- Make a face to show what someone else might be feeling



# 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

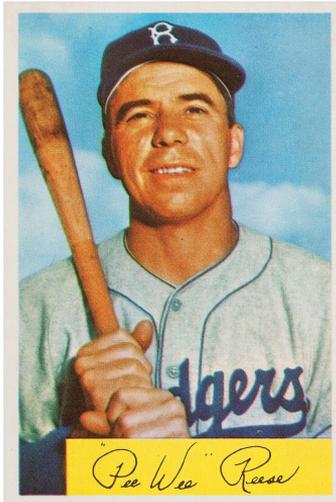


## Practice Kindness

- 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](#)