

At BCS We Value Each Other - Empathy

At BCS we value our 3 E's: education, environment, each other. With "each other" in mind, our 2017-18 Theme at BCS is empathy, and starting on the first day of school and throughout the days and months that follow, we will focus on building the skill of empathy in each of us. These [nine habits](#) from the blueprint to helping children acquire "the Empathy Advantage" that Michelle Borba describes in her book, [Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World](#), will help us focus on empathetic skills this year month by month.

- **September – Introduction to Empathy:** Borba's research concludes that "empathy is the trait that helps make the world a kinder and gentler place, and empathy can be developed and improved. Wherever...children fit on the 'caring about others' scale, there is always room for improvement."
- **October – Empathetic People Can Recognize Feelings:** Teaching emotional literacy as the gateway to empathy so children can recognize and understand the feelings and needs of others in their body language, voice tone or facial expressions
- **November – Empathetic People Have a Moral Identity:** Helping children develop an ethical code and caring mindset so they are more likely to adopt caring values that guide their integrity and activate their empathy to feel with and help others
- **December – Empathetic People Understand the Needs of Others :** Instilling Perspective Taking so children can step into others' shoes to understand another person's feelings, thoughts, and views
- **January – Empathetic People Have a Moral Imagination:** Using elevating, emotionally-charged images in literature, film, news and images as a source of inspiration to help children become empathetic
- **February – Empathetic People Can Keep Their Cool:** Helping children learn ways to manage strong emotions, self regulate, and reduce personal distress to keep their empathy open, avoids the Empathy Gap and allows them to more likely to empathize and help others
- **March – Empathetic People Practice Kindness:** Developing and exercising kindness and pro-social behaviors to increase children's concern about the welfare and feelings of others and enhance the likelihood that they will step in to help, support or comfort others
- **April – Empathetic People Think "Us" not "Them":** Cultivating teamwork and collaborative abilities to help kids work with others to achieve shared goals for the benefit of all and develop a WE, not ME, mindset
- **May – Empathetic People Stick Their Necks Out:** Promoting moral courage and teaching children Upstander skills and situational awareness to embolden them to speak out, step in, and help others
- **June – Empathetic People Want to Make a Difference:** Cultivating altruistic leadership abilities to motivate children to make a difference for others, no matter how small it may be, and boost their chances of becoming Social Changemakers

