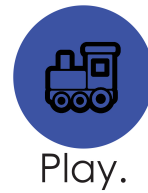


# PLAY & LEARN:

## *Grizzly Bear* book



Sing.



Play.



Love.®

Empathy is all about putting ourselves in the “shoes” – or “paws” -- of another, and understanding and sharing the feelings of people in our world.

Young children experience emotion as a giant wave of sensation. That is why your child may cry when he or she hears another child in distress. This response appears to be empathetic, but young children don't always know whether the “big emotion” belongs to another person or themselves. They need time and support as they learn to differentiate between themselves and others. To be aware of the emotional needs of others, we must first recognize them within ourselves.

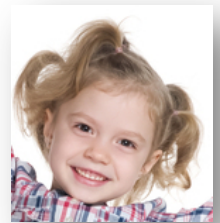
In order to learn empathy, young children need to:

- Regulate and label their own emotions
- Learn to distinguish the difference between their emotional responses and the responses of others
- Recognize the “clues” facial expressions and actions provide to help them understand the emotional state of others

**Here are some simple ways to enrich and extend your child's understanding of empathy.**

Enjoying these simple play activities together will enhance the bond between you and your child.

**Bear Hide and Seek.** Teach your child a simple game of hide-and-seek with a twist. Tell your child you are looking for Happy Bear. Show your child how to hide so you can look for him or her. Cover your eyes and count to five, then start looking. Hug your bear and exclaim, “I found you, Happy Bear. Look at your face. You are smiling!” Repeat the game and look for Grumpy Bear or Silly Bear. Describe your child's “feeling face” each time you find your bear. It is through these types of playful exchanges that we can teach children to recognize emotion on our faces and the faces of others.



**Bear Necessities.** Make a “bear cave” out of a large box. Place it in a central location in your home. Stock the “cave” with things your child likes the very most: books, markers and paper, a water bottle, snacks, and whatever your particular bear loves to feel cozy and content. This loving gesture will teach your child the true meaning of empathy, as you acknowledge what makes him or her happy.



Together we will help your child learn and grow. **SingPlayLove.com**