


College & Career Readiness ...Life Skill description:

__Empathy

<p>Definition:</p> <p>the ability to understand and share the feelings of another.</p>	<p>1: the imaginative <u>projection</u> of a subjective state into an object so that the object appears to be infused with it</p> <p>2: the action of understanding, being aware of, being sensitive to, and <u>vicariously</u> experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively <u>explicit</u> manner; <i>also</i> : the capacity for this</p>	
<p>Culture of the word</p>	<p>As kids get older you can just ask, “Switch places and take the other person’s side. How would you feel if you were in her place?” Just make sure you ask that question again and again!</p>	
<p>Source:</p>	<p>Dr. Michele Borba http://micheleborba.com/</p>	
<p>Video:</p>	<p>https://youtu.be/1Evwgu369Jw</p>	
<p>Capacity:</p>	<p><i>Point Out Other People’s Feelings</i> Pointing out the facial expressions, posture and mannerisms of people in different emotional states as well as their predicaments is beneficial: it helps your child tune into other people’s feelings. Once your child understands how the other person feels (she looks sad), he’ll be more likely to not only feel for that child but also be activated to do something to help.</p>	
<p>Additional information</p>	<p>Nonverbal Communications http://www.projectacademy.org/Documents/10%20Tips%20on%20Nonverbal%20Communication.pdf</p>	

