



Session 8: Skill of Empathy, Power of Acceptance

E-Course/Mini-Poster



The moment is as it is. True empathy demands we listen to children's feelings and thoughts without the need to change them.

D.N.A. process for emotional regulation:

Describe what you see, saying, "Your face is going like this ___ (demonstrate) ___." As soon as the child makes eye contact, take a deep breath.

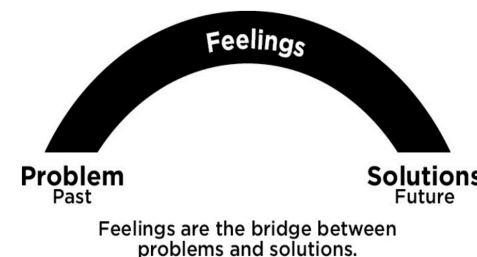
Name the feeling, "You seem ___ (sad, angry, disappointed, frustrated, etc.) ___."

Acknowledge the desire, "You wanted ___ (state their desire) ___."

Example:

"Your face is going like this. You seem angry. You wanted to be in charge of the craft supplies."

Empathy does not change the limits on behavior; it helps children to become better able to accept the limits we set.



My personal commitment:

I am going to _____