



# SOCIAL EMOTIONAL learning RESOURCES



## Pearl River Middle School

Monthly Theme (February): Empathy (Social Awareness)

### Important Dates:

- International boost self-esteem month (All Month!)
- Random acts of kindness week (Feb. 16-23rd)
- Safe internet day (Feb. 9th)
- National make a friend day (Feb. 11th)



### What are we doing at PRMS to promote empathy?

Middle School students will have Advisory Day on February 3rd and February 17th to learn about empathy through various activities. We have also started our Positive Pirates initiative to recognize kindness and positivity and to promote a positive school environment.

### Tips on how you can promote and model empathy at home:

- ♥ Provide children with the support they need to develop strong self-regulation skills.
- ♥ Understand how feelings of guilt and shame can affect a child's empathetic responses.
- ♥ Seize everyday opportunities to switch on your child's empathy mode.
- ♥ Help kids discover what they have in common with other people.
- ♥ Help children develop a sense of morality that depends on internal self-control, not on external rewards and punishments.

