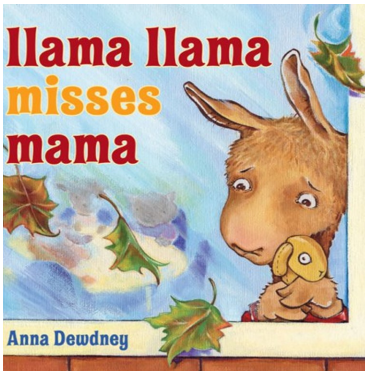


HERO'S Story Time: Helping Every Child Reach Optimum Success

HERO'S Story Time shares stories that have a focus on one of the 40 Developmental Assets. The Developmental Assets® are 40 research-based, positive experiences and qualities that influence young people's development, helping them become caring, responsible, and productive adults. We call these assets "Superpowers."



SUPERPOWER

Empathy: The positive value of learning how to demonstrate awareness of the feelings of others.

Do you prioritize caring by acknowledging your child's feelings? Do you show acts of kindness for others in your home or outside of home? Do you allow your child to help at home? Kids develop this asset by watching us and experiencing our empathy for them. When we treat other people like they matter, our kids notice, and are more likely to copy our acts of caring and compassion.

The goal for this book and page is for your child to work on recognizing the feelings of others, as he or she works towards mastering the Empathy asset. Simply follow the steps to support your child's growth.

1 Read the book (check your local library for availability) or watch the video at: https://youtu.be/xDU-Dv5_BwY.

2 Talk with your child throughout the story to promote understanding and learning. Here are some questions you could ask and discuss based on your child's abilities. Let your child ask questions during the reading, too.

- How was Llama Llama feeling when he was at school?
- Describe what it means to feel lonely.
- How can we tell that Llama Llama is feeling lonely?
- What would you want friends to do if you ever felt lonely?

3 **How you can teach empathy.**

- **Provide Opportunities for Emotional Literacy:** Play emotional charades to help develop emotional literacy. Emotional literacy is reading the feelings of oneself and others. Give one person an emotion to act out and have the others guess how they are feeling.
- **Encourage Identification of Emotions:** Do emotional check-ins with your child. Ask how your child is feeling at throughout the day and week: Happy, Sad, Scared, Lonely, or Excited.
- **Think About Others:** Make a list of ideas of how we help other people when they are feeling sad or lonely. Take time each day to do an activity to show someone you miss them and are thinking of them.
- **Dramatic Play:** Engage with children where roles are played and switched. This offers the opportunity to talk about how each person can experience different emotions and impact the emotions of others.
- **Practice the Golden Rule:** Be kind to family members. "Do to others as you would want them to do to you."

Supplemental Resources
[Llama Llama Misses Mama Book Nook](#) [Tucker The Turtle](#) [Search Institute](#)

Supplemental Readings for Children
"The Invisible Boy" by Patrice Barton "Ella & Penguin a Perfect Match" by Megan Maynor "Peter's Chair" by Ezra Jack Keats

HERO'S STORY TIME is a collaboration of

