



Monday Family Activity and Discussion

Today we learned:

I have the power to not view embarrassing pictures or share hurtful words.

Information:

Today we discussed the word **empathy**. We learned that empathy is understanding how another person feels. People with empathy try not to hurt other people because they understand how that would feel.

We also learned that there are two parts to our brains: a feeling brain and a thinking brain. Our feeling brain reacts to what happens in our lives, even if it isn't good for us. But our thinking brain decides if what we want to do is good for us. Our thinking brain needs to be in control. The activities and Power Statements we are learning this week are designed to strengthen the thinking brain to help us make the best choices.

Great website for parents: <https://protectyoungminds.org>

Discussion Questions:

1. How are your feeling brain and thinking brain different?
2. Why should your thinking brain be in charge?
3. How can you make your thinking brain strong? (I need to practice making good choices, even when it's hard. It's exercise for my brain!)
4. What does a person with empathy post on social media?
5. What does a person with empathy look at online?

Activity:

Color the Super Kid on the back of this page.

Then make a Super Power List: List at least 5 things your child is good at doing!

I'VE GOT THE POWER TO



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