



BULLYFREE BUS

Consider this information to keep your Bus Bully Free!

Empathy

EMPATHY means understanding the feelings, thoughts and experiences of another person.

Empathy, or the ability of one person to sense how another person feels and to respond in a helpful manner, is a human emotion that must be learned from others. Parents, teachers, and other caring adults like you play a significant role in helping children develop empathy by setting and modeling positive examples of empathetic behavior. Today, closely examine the facial expressions, words, and actions of your young riders as they board your bus. Can you spot those who appear to be enthusiastic, sad, angry, jealous, lonely, or picked-on? By welcoming each child with a personalized greeting tailored to show that you empathize with their feelings and emotions as they start off to school, you set the tone for their school day as you model positive, empathetic behavior. Engage your powers of observation to interact empathetically with your riders and, where feasible, encourage them to practice empathy with you and their companions on the bus. Have a great week and enjoy your **Bully Free Bus!**