

RESILIENCY FLORIDA

June Characteristic of the Month Toolkit

Each month, Resiliency Florida features one of the 11 key Resiliency Characteristics as the Characteristic of the Month. This month, Resiliency Florida is spotlighting **empathy**.

In this toolkit, parents, teachers and school leaders will find a variety of resources to support starting the conversation about **empathy**, not only in school, but at home.

To learn about the other key Resiliency Characteristics, visit BuildResiliency.org.

JUNE CHARACTERISTIC OF THE MONTH

 **Empathy** Understanding others' thoughts, feelings and actions.

MATERIALS

PARENT RESOURCES

The Parent Resources are designed for parents and children to have conversations about resiliency at home. Download the Parent Resources for this month's characteristic, **empathy**, by clicking the correct grade level below.



 **GRADES K-2**

 **GRADES 3-5**

 **GRADES 6-8**

 **GRADES 9-12**

SUBSCRIBE TO THE NEWSLETTER

Parents, teachers and community leaders can subscribe to the Resiliency Florida newsletter via the button below. Each month, the newsletter is filled with a variety of resources to support the Resiliency Florida Characteristic of the Month.

 **SUBSCRIBE**



JUNE CLASSROOM POSTER



Resiliency Florida provides teachers with a printable poster for June's Characteristic of the Month, **empathy**, which can be displayed in classrooms and media centers.

 **POSTER**

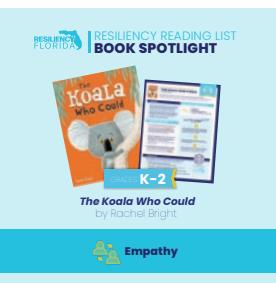
SAMPLE NEWSLETTER POSTS

School and district leaders can use the visuals and copy below to spread the word about resiliency and the Resiliency Florida Characteristic of the Month.

SUGGESTED POST TEXT

The Resiliency Reading List features books that help start the conversation with your children about the Resiliency Characteristics.

This month, our book spotlight is on *The Koala Who Could* by Rachel Bright. This book highlights the importance of showing **empathy**, the Resiliency Florida Characteristic of the Month!



 **Empathy**

 **GRAPHIC**

SUGGESTED POST TEXT

By practicing **empathy** at school and at home, your child will improve communication skills and learn to reflect, observe and think about his or her behaviors.

Visit BuildResiliency.org to find a variety of resources that support parents, grandparents, teachers and community leaders in teaching children about these important characteristics.



 **GRAPHIC**

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FAMILY RESILIENCY READING GUIDES

The Family Resiliency Reading Guides are resources to continue discussions at home about the books located on the Resiliency Florida Reading List. Each Family Resiliency Reading Guide contains a summary of the book, literacy tips and conversation starters about resiliency. Use the following reading guides to start a conversation about **empathy** with your student after reading ***The Koala Who Could*** by Rachel Bright.



The Koala Who Could
by Rachel Bright

READING GUIDE

SOCIAL MEDIA POSTS

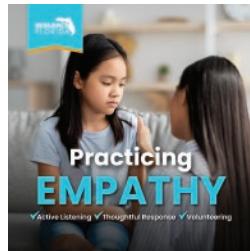
Download the graphics below to share on social media and help spread the word about the Resiliency Florida Characteristic of the Month.

SUGGESTED POST TEXT

As we focus on **empathy** this month, here are some great skills to practice with your child:

- ⌚ Actively listening to one another by making eye contact and not interrupting
- ⌚ Responding with empathy in a variety of contexts and situations
- ⌚ Volunteering together as a family on a project to benefit the community

Looking for additional resources on **empathy**? [Buildresiliency.org](http://BuildResiliency.org)



GRAPHIC

SUGGESTED POST TEXT

Practicing the 11 Resiliency Characteristics can help your child overcome any challenge.

These resources provide suggestions and opportunities to start the conversation at home and to continue building resiliency.

Visit buildresiliency.org to explore Parent Resources on **empathy**, as well as the other 10 Resiliency Characteristics.



GRAPHIC

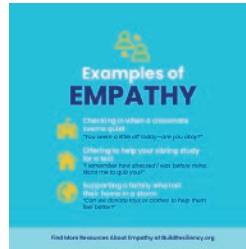
SUGGESTED POST TEXT

What is **empathy**? **Empathy** means understanding others' thoughts, feelings and actions.

Introduce the word **empathy** to your child and share with them an example of when you were empathetic at home, at work or in the community.

Next, ask your child to share an example of how they think they have shown **empathy** to others.

Visit [buildresiliency.org](http://BuildResiliency.org) for more ways to start the conversation on **empathy**!



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SUGGESTED POST TEXT

Looking for a way to start the conversation about **empathy** with your child?

📖 This month, grab a copy of ***The Koala Who Could*** by Rachel Bright to read with your child.

While reading the book, use the supplemental Family Resiliency Reading Guide to see how the book relates to the Characteristic of the Month, literacy tips and ways to start the conversation on empathy.

💻 Visit BuildResiliency.org/ReadingList to view the full reading list and corresponding Family Resiliency Reading Guides.



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