

October: Empathy

God wants us to care about everyone's feelings.

An empathetic person...

- listens when people speak
- notices when someone is upset and tries to help
- can name her/his feelings
- can see a situation from another person's point of view
- accepts that others have different perspectives



Judge your neighbours' feelings by your own and let every matter be thoughtful.

There are days in our lives that we may see others come to school sad, afraid, frustrated, or even angry. To live the virtue of EMPATHY is to not judge those people because we never know what others are holding in their hearts. In your everyday life try to remember that you may not always understand what others are feeling, but you can always be a good friend.



...for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, **"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."** Matthew (25: 35-39)

If you can't feed a hundred people, then feed just one.
Mother Teresa

Life's most urgent question is: what are you doing for others?
Martin Luther King, Jr.

*Can you think of a time when your friend came to school sad
and you helped to make them happy?*