

EMPATHY



Week 1

Start
With
Sorry



Empathy in Action

Empower

Empathy means truly understanding and feeling what someone else is experiencing—even when we're the ones who made a mistake. Practicing empathy in our own family means not only noticing when someone feels left out or hurt, but also having the courage to “start with sorry” and try to make things right. When we apologise with empathy, we connect more deeply and make our home a kinder, safer place for everyone.

This week, highlight how each person in your family practices empathy—especially when someone gets hurt, things go wrong, or feelings get overlooked. Remember: Real apology starts with seeing things from someone else's point of view and caring enough to repair.

Discussion Starter: Empathy Tower

1. Gather a large pile of blocks or stackable items (books, cups, etc.).
2. Take turns sharing:
 - “When someone in our family feels sad, left out, or upset, what can we do to show empathy?”
 - “What words, actions, or apologies have helped you feel understood at home?”
3. For each answer, place a block on the tower.
 - Challenge: How “tall” and strong can your Empathy Tower grow as you stack up all the ways your family cares for each other and makes amends?
4. If this is tough for your family, start small: Each person shares one way they've felt empathy or a moment when someone apologised and it really mattered.

The goal is to spotlight what's working—moments of empathy and sincere apology—to encourage more of these powerful connections.

Journaling

Choose one or more to encourage self-reflection and growth:

- **DRAW:** Imagine a “feelings thermometer.” Draw yourself at the top (happy/calm), middle (okay), and bottom (sad/mad). Draw or write what helps you move back up the thermometer when you're feeling down—how does an empathetic apology make you feel?



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DO: Create an “Empathy Map” with family.

Draw four sections:

- What makes me feel understood?
- What words help when I’m upset?
- What actions help?
- How can I show empathy to someone after I’ve made a mistake?

WRITE: Reflect on a time you received a meaningful apology. What words or actions showed true empathy?

Or: Think of a moment when an apology was missing. How could empathy have made a difference?

Gentle Action

Empathy makes repair possible—and repair makes families stronger! Try this challenge:

- If someone in the family is upset or hurt (even by accident), pause and ask, “How are you feeling?” Listen closely. Before jumping to a solution, repeat what you hear (“You seem sad that I forgot...”).
- Offer an empathetic apology: “I can see you’re upset. I’m really sorry for what happened. How can I help?”
- Empathy Buddy: Pair up and check in on each other once a day: “What feeling are you having right now? Is there anything I can do or say to help?”

If things feel out-of-balance, talk as a family about how to bring in more empathy and shared repair—maybe by sharing chores, giving each person a voice, or planning a caring gesture together.

Why This Matters

Practicing empathy and “starting with sorry” as a family doesn’t just repair little hurts—it helps everyone feel seen and valued. These habits build lifelong skills for friendship, teamwork, and kindness—inside your home, and wherever you go.

Remember:

An empathetic heart, a sincere apology, and the willingness to repair can turn any mistake into a moment of deeper connection.

