

EMPATHY WEEK:

Spreading Kindness

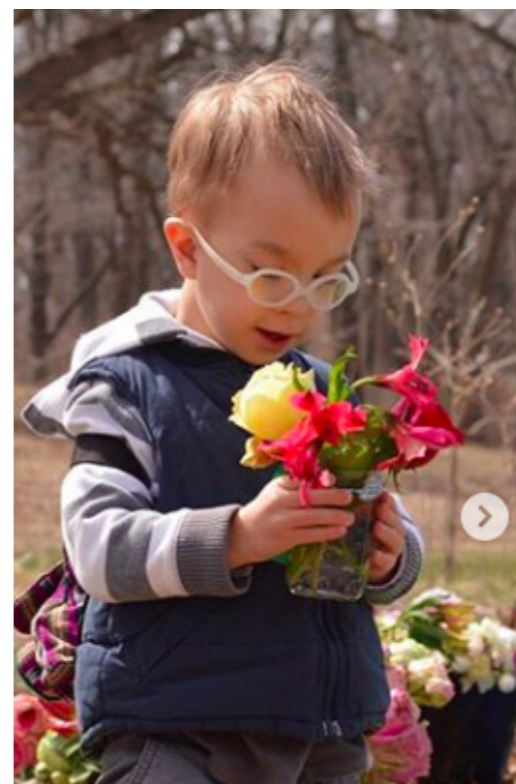


CAMP
tinkergarten

Empathy is, quite possibly, our greatest human superpower, and it's never too early to start to teach it. What is empathy? When you boil it down, empathy is the ability to understand the emotions of others and respond accordingly.

One wonderful way to help kids develop empathy is to experience ways—big and small—that we make a positive impact on other people. Plus, as kids make another person smile, they feel great inside too—what a way to get kids hooked on kindness!

For Camp this week, turn an ordinary jar into a “kindness jar” and fill it with ideas for spreading kindness. Pick from the jar each day to spark a week’s worth of empathy-building play activities guaranteed to spread smiles among your community.



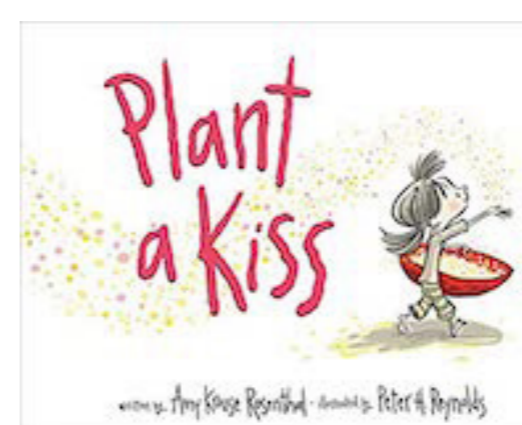
MORE ABOUT EMPATHY

Empathy is a rather elegant set of skills. It can help to break it down into three sub-types:

- **Affective (Social) Empathy**—The sensing of the emotions that another person is feeling.
- **Cognitive Empathy**—Sometimes called “perspective taking,” this is the ability to think about how another person is thinking.
- **Compassionate Empathy**—This is how we move past sensing another person’s feelings to taking action in response—precisely what we are doing in **this week’s set of activities!**

To find out more:

- [Now is the Time to Teach Empathy](#)
- [How to Get Kids Hooked On Kindness](#)



AALIYAH READS!

This week, our fantastic nine-year-old summer reader,

Aaliyah, will read *Plant a Kiss* by Amy Krouse Rosenthal.

Watch and listen here! You can also purchase this book for your home library here.

Preschoolers are getting increasingly more sophisticated, learning that different friends have different tastes and needs. When very young children aim to comfort or please others, they tend to offer things that they themselves would like. But preschoolers can start to think more about what other people may prefer and plan their kind acts accordingly.

This week, we provide a set of kindnesses and play activities that help preschoolers continue to think about, plan, and act in service of what would make other people (and creatures) feel happy.



INTRODUCING THE KINDNESS JAR

Involve your preschooler in the process of making and filling your kindness jar.

Explore kindness—Start by asking your child, *What makes you happy?* It helps preschoolers to anchor in their own experience first. Then wonder, *What makes mom/dad/sibling/pet/friend happy?* Enjoy the insight you get into how your child sees you and other special people. Kids can even ask this question to relatives and friends outside the family throughout the week.

Brainstorm kindnesses—Wonder, *How could we help other people feel happy?* Look what Camp Tinkergarten sent us—a whole list of kindnesses—things we can do to make other people feel happy. Read over the list together.

Make a Kindness Jar—Print and cut out, or write out, the kindnesses that you like most on slips of paper. Then, grab a jar and let kids know it is a Kindness Jar—the perfect place to put all of your kindness ideas.

Decorate your Kindness Jar. (Optional)

Spread Smiles—And, all week long, pull from the jar and give different kindnesses a try.



SPREAD THE KINDNESS! Share photos and stories of your kindnesses this week using #tinkergarten and #outdoorsall4 or in our free [#OutdoorsAll4 Facebook group](#). If you like what someone else posts, let them know! We just know that will inspire even more kindnesses!

ABOUT TINKERGARTEN Tinkergarten® is your guide to purposeful outdoor play—the kind of play that helps kids become healthy, capable and confident learners.



Preschooler Kindnesses

Take a look at this list of kindness ideas. Fill in the blanks with any others ideas that you have. Print out the list, cut out the kindnesses, and put them in your jar. Pick one a day (or as many/as often as you want) and start spreading the kindness!

Make a nature treasure display for your family or for other people in a public space.	With a grown-up's help, get gloves and pick up litter in your neighborhood or local park.
Stuffedies get so hot in the summer. Build a shady hideout for your stuffy to stay cool. Cuddle or read a story to your stuffy there.	
Make a painting or drawing that would make someone smile and share it with a friend or post it in the window or front yard for people to see as they pass by.	
Make a cooling bath for mom or dad’s feet and yours using a bowl and some cold water. Sit and cool down together. Ahhh...	
Make a puppet, then introduce your puppet to a friend in person or through video chat.	
Tell someone a joke either in person, over the phone or by sending a quick video.	
Look in the mirror together and make funny faces. Or, get on video chat with people you love and do the same.	
Sing a song or dance a dance for someone you love.	
Turn rocks or acorns into smiley friends and leave them around for people to find. See how here .	
Use sidewalk chalk to leave pictures or messages that will make neighbors and passersby smile.	
Make a card for someone you care about and get a grown up’s help to send it in the mail.	