



Help Children See Other People's Perspectives

Talking about how others think and feel helps children understand and appreciate different viewpoints, develop empathy, and relate to others. You can encourage children to put themselves into other people's minds by using these fun tips:

Play Time

During outdoor play, ask a question to help the child think about what others might be thinking. For example, if you see a group of children gathering sticks, you could ask, "What do you think they're planning to do with those sticks?" Pause and wait for the child to respond.



Daily Activities

If the child sees another child fall after tripping on a toy, make a comment that encourages the child to think about how the other child might be feeling. You could say, "Oh no! Sasha tripped on that block. I wonder how she's feeling. Let's go check on her."

On the Go

If the child notices a sign or poster with someone laughing, talk about what might have happened to make them so happy. You could ask, "What do you think happened to make her laugh like that?" Relate this feeling to the child's own experiences by asking, "Can you remember a time when you laughed a lot?"



Book Reading

While reading a book together, make a comment about what it might feel like for a particular character. You could say, "Franklin is scared of sleeping in his dark shell. I wonder what would make him feel safer." Wait for the child to respond before continuing the story.

Notes