

Theme: Curiosity

Topic: Empathy

UU Principal# 3: We should accept one another and keep learning together

<https://www.psychologytoday.com/us/basics/empathy>

Empathy is the experience of understanding another person's thoughts, feelings, and condition from his or her point of view, rather than from one's own. *Empathy* facilitates prosocial or helping behaviors that come from within, rather than being forced, so that people behave in a more compassionate manner.

Family Movie Night Ideas:

Peep and the Big Wild World

<https://www.youtube.com/watch?v=ZYkzNuEQhUs>

And a ton of other YouTube Videos to share such as:

Peep and the Big Wild World: A Peep of a Different Color

<https://www.youtube.com/watch?v=zKdqzvQDtvM>

Peep's Moon Mission narrated by Joan Cusak

<https://www.youtube.com/watch?v=gdj8lPvW0rc>

Family Activity:

As a family, together choose a community or organization that you can give to.

Ex: Dog rescue, food bank, homeless shelter, soup kitchen etc.

Ask the children to make sure that they remember what is that they are feeling while giving to the organization, so that they can share it with you later. Becoming an empathetic person is one of the many traits of becoming a fine human being.

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