

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***I Can Show Compassion.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. **“Compassion” is showing care and concern for someone; wanting to help and make them feel better**
2. **People become upset for different reasons. Understanding why someone is upset helps us figure out what to do next**
3. **Showing compassion enables us to help and support the people we care about**
4. **There are 3 WAYS TO SHOW COMPASSION:**
5. **Ask what they need**
6. **Show sincere interest in others**
7. **Act with kindness**
8. **Asking what the person needs can help us provide the right kind of support**
9. **Showing interest in others involves finding out more about them (i.e. interests, feelings, opinions, ideas) which can help us to understand them more easily**
10. **Acting with kindness starts with putting ourselves in the other person’s place, then treating that person the way we would want to be treated in a similar situation**

**Your child received a Lesson Summary magnet:**

**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**