

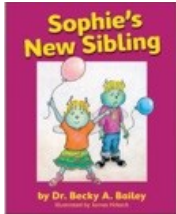
Skill of Empathy

Based on Conscious Discipline®

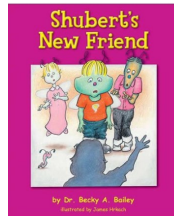
Resource Page 1 of 2

Books

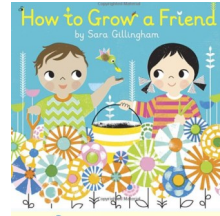
Click on a picture or the text to open a video read aloud.



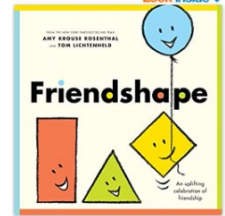
[Sophie's New Sibling](#)



[Shubert's New Friend](#)



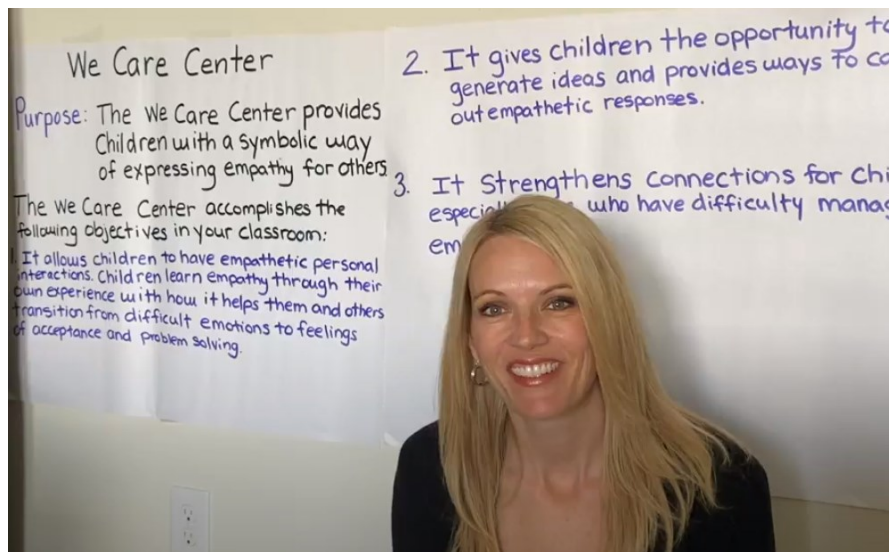
[How to Grow a Friend](#)



[Friendshape](#)

Routines, Rituals & Structures

Click on a picture or the text to open a video tutorial, activity, or discussion.



[We Care Center](#)

Songs

Click on the underlined text to open a song video or printable lyrics.

Album - **It Starts in the Heart**

[Song #1 - "It Starts in the Heart"](#)

[Song #4 - "That Was Helpful"](#)

[Song #7 - "Caring Friends"](#)

[Song #16 - "People to People"](#)

Album - **Kindness Counts**

[Song #4 - "Love is a Circle"](#)

[Song #15 - "Who"](#)

Album - **Brain Boogie Boosters**

[Song #10 - "Peace Like a River"](#)



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Early Literacy Matters



HCC



Skill of Empathy

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Resource Page 2 of 2

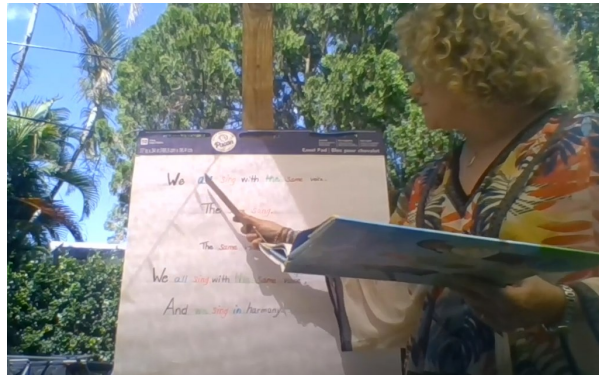
Supplemental Books, Mindfulness Practices, Songs and Resources

Click on a picture or the text to open a video read aloud, activity, or discussion.

Books

- ★ [In My Heart](#)
- ★ [Spoon](#)
- ★ [The Good Egg](#)
- ★ [What Does It Mean To Be Kind?](#)
- ★ [I'm Here](#)
- ★ [We All Sing With the Same Voice](#)
- ★ [The Caring Me I Want to Be!](#)
- ★ [I Can Help](#)
- ★ [Heart Bubbles](#)
- ★ [My Friend is Sad](#)
- ★ [Sticks](#)
- ★ [Pass it On](#)
- ★ [I Am Human](#)
- ★ [We're All Wonders](#)
- ★ [Hey, Little Ant](#)
- ★ [A Boy Like You](#)
- ★ [Ricky, The Rock That Couldn't Roll](#)
- ★ [The Rabbit Listened](#)
- ★ [Where Are You From?](#)

Videos



[We All Sing With the Same Voice](#)

Printable Resources and Visual Ideas

Empathy and Brain Integration

Based on our conscious, loving decision to be present with one another during moments of discomfort and pain.

D. **Brain Stem** | Survival State
Active calming, Noticing: "Your face is going like that."
Q **Wait for eye contact.** Download.

N. **Limbic System** | Emotional State
Empathy: "You seem _____."

A. **Prefrontal Lobes** | Executive State
Problem-Solving: "You wanted _____." "You were hoping _____."

[Conscious Empathy with D.N.A.](#)

Classroom Strategy

We Care Center

[We Care Center Classroom](#)

We Care Center Home

[We Care Center Home](#)



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