

Mental Health Resources – Empathy

Learn More about Empathy

[CMHA Empathy Articles](#)

Canadian Mental Health Association

[How to Build Empathy and Strengthen Your School Community](#)

Harvard Graduate School of Education Making Caring Common Project

Empathy Resources for Families

Research shows that reading stories can help children understand the points of view of others and develop empathy (McCreary & Marchant, 2017).

Below are some resources to promote empathy through reading, which may be helpful in the classroom, school library or at home. You may want to consider sharing these links in an upcoming newsletter to parents and families.



Use story characters to teach about the value of understanding and caring about the feelings and perspectives of others.

Image from: <https://mcc.gse.harvard.edu/resources-for-families/develop-empathy>

[Read for Empathy Collection 2022](#)

A curated book list for students aged 4-11 that were chosen to help children develop new perspectives, recognize and name emotions and to provide insight into diverse ways of life and being.

[How to Use Stories to Help Kids Develop Empathy](#)

A resource from the Harvard Graduate School of Education Making Caring Common Project that offers tips for parents and families to help facilitate the development of empathy in children through reading and stories.