***ABC*** **Tips for Yard Duty**

This month, the **ABC** book is *I Wish You Knew.* Our goal is to help students learn and practice empathy skills such as active listening and perspective-taking.

* Help students practice using their ***positive personal power*** in ways that benefit themselves and others.
* Encourge students to express themselves without interrupting or judging others.
* Use your positive actions, words, and behaviors to model active listening by making eye contact, asking clarifying questions, and paraphrasing what you heard. The benefits of active listening include:
* Better understanding the situation
* Improved retention of information
* Enhanced engagement
* Refined communication skills

Active listening is an important skill for growing empathy and connection.

**ABC Skill Building Vocabulary:**

1. ***Positive personal power*-** Feeling confident and secure that you have control over things that happen to you. You have power to choose how to respond.
2. ***Perspective-taking-***Refers to the process of understanding and considering the thoughts, feelings, beliefs, and experiences of others. It is *standing in* *someone else’s shoes* to adopt their viewpoint and imagine how they perceive and interpret the world.