**Parent Email Blurb Champion Year Review**

The ABC Project Cornerstone volunteers have enjoyed reading and doing activities with our students this year. The focus was on connecting with empathy. We used the following definition:

*“Empathy is an emotional skill set that allows us to understand what someone is experiencing and to reflect back that understanding.” Brené Brown Empathy is the ability to understand and share the feelings, perspectives, and experiences of others.*

Here’s how you can help youth connect with empathy:

* Develop and practice empathy skills such as active listening, perspective-taking, and compassion.
* Be a *world changer* by standing up for the rights of others.
* Take time to understand the different ways people express their emotions and how to respond to these expressions in an empathetic manner.
* Do intentional acts of caring and kindness as they can make a *BIG* difference in someone’s life as well as their own.

Interested in growing these skills over the summer? Check out the Summer Fun Program for families <https://tinyurl.com/PCSummerFun> with a new book and lesson added weekly.

Thank you to the parents, teachers, students, and staff for their support this year. Have a great summer!