**Empatico Skills: Respectful Communication Overview**

**Components of Respectful Communication:**

* **Actively listen** to the speaker
	+ Make eye contact and turn your body toward the speaker
	+ Focus on what the person is saying (don’t think about other things)
	+ Show interest in what you’re hearing by using nonverbal cues, such as nodding and facial reactions
* **Take turns speaking**, waiting until the speaker is done before responding
* **Respond in a respectful and positive manner**, whether you are agreeing or disagreeing with what was said

**Empatico Skills: Perspective Taking Overview**

**Components of Perspective Taking:**

There are multiple steps involved with strengthening perspective taking skills

* **Recognize differences**: Recognize that others can have different thoughts, feelings, and knowledge than you
* **Understand influences:** Understand that someone’ immediate circumstances, past experiences, beliefs, and culture can influence their perceptions and feelings. There is often a reason behind someone’s actions that we cannot see.
* **Relate to another person’s** **perspective** by thinking about their unique circumstances, experiences, beliefs and cultures to see the world through their eyes. Try to find commonalities with your past experiences to relate to their experience and feelings, even if they are different from what you would feel yourself in that exact situation.
	+ Ask yourself: “ What is life like for that person? What might be influencing how they perceive this situation? How can I relate to their experience to begin to understand how they feel?

**Empatico Skills: Cooperation Overview**

**Components of Cooperation:**

* **Work together to achieve a common goal:** Cooperation means working with others to achieve a goal together.
* **Contribute to the group goal:** You have a unique role to play. Without your contribution, the goal cannot be achieved.
* **Respect each other’s ideas:** While working together, listen to each other’s ideas and respond in a respectful positive manner, whether you are agreeing or disagreeing with what was said.

**Empatico Skills: Critical Thinking Overview**

**Components of Critical Thinking:**

*“Think for yourself”*

* Recognize that assumptions and opinions are not facts—they are personal interpretations
* Ask yourself if you have all of the story
* Investigate new explanations with an open and curious mind

**Tips for supporting critical thinking:**

Make connections to real-life situations.

Encourage students to ask questions and investigate to learn more.

Recognize how one’s own learning has changed over time.

* I used to think\_\_\_\_\_\_\_but now I think\_\_\_\_\_\_\_.

To understand character intention:

* Why do you think the character did\_\_\_\_\_\_\_? Are there other explanations for this?
* Why do you think the character assumed\_\_\_\_\_\_\_?
* What was influencing the character when he or she decided to \_\_\_\_\_\_\_?

To make predictions:

* Based on what you know about the character, what might he or she do next? Why do you think that?

To encourage investigating new information:

* What could the character do to investigate whether his/her assumptions are true or not?

To promote logical reasoning and cause and effect:

* If the character did\_\_\_\_\_\_\_, what do you think would happen?

To apply knowledge to new contexts:

* When else have we seen this?
* How can we apply this situation/lesson to our own lives?
* When have you experienced something like this?

To emphasize how perceptions/knowledge can change:

* How did your thinking change as you learned more about the situation?

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