



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Family Movie Night – *Understand and Care*

***Understand and Care* by Cheri J. Meiners**

This book focuses on explaining empathy to children. Empathy denotes a deep emotional understanding of another's feelings or problems. This story teaches students to identify emotions and to understand how another person feels.

- Helping children learn to express their feelings assists them in acquiring perspective-taking skills.
- During preschool years most children recognize the emotions of happiness, sadness, anger, surprise, fear, and silliness. The awareness of these feelings gives them the basis for improving their empathy skills.

The movie that complements this month's book is *Toy Story 2*. **Please review the movie before watching as a family.** Movie suggestions are from Common Sense and full reviews can be found under Parental Guidelines for movies.

<https://www.common Sense media.org/movie-reviews/toy-story-2>

Discussion Questions for *Toy Story 2* (age 5+):

1. Families can talk about what the characters learn in *Toy Story 2*. Why does Woody worry about his future? What do Jessie and Pete the Prospector teach him? Are they right?
2. Kids: What's your favorite toy? Why? Would you ever want to save it instead of play with it?
3. How do the characters in *Toy Story 2* demonstrate courage and teamwork? Why are these important character strengths?
4. As you watch the movie, name the feelings the characters are experiencing.

Ways to Reinforce This Lesson at Home:

Help your children develop empathy skills by imagining how someone might feel. Role play these scenarios with your child. Have them use facial expressions and body language to show how the children might feel:

- Children on the street were calling Willie names.
- Maureen just learned how to ride a two-wheel bike.
- Lakisha's friend was invited to a party, but Lakisha wasn't invited.
- Rufus's brother walked by and messed up the puzzle he was putting together.
- Carlos is starting a new school, and two children asked him to play.
- Susie was carrying the plate of cookies to the backyard. She tripped and dropped them.