



## Gratitude and Empathy

We are grateful for all educators and staff members. We see you:

- Being there, exactly as you are, for students and other staff everyday...
- Contributing your ideas, personal stories, and goals to conversations that happen in the moment or that are planned...
- Supporting students and one another through challenges of all sorts - including personal, professional and world conflict to name a few.

Thank you, UCDSB Educators, Support Staff and Leadership. We are incredibly thankful.

### School Mental Health Ontario

Expressing Gratitude: Viewing the world and relationships through a lens of gratitude can help students to notice and appreciate the positives in life, even when facing a challenge. Noticing and sharing gratitude can support healthy relationships and the development of resilience.

#### **Practices To Try This Week:**

[Gratitude Journal](#)

[Gratitude Moment](#)

[The Book of Gratitude](#)

[Pay It Forward](#)

[Walking In Your Shoes](#)

Empathy Skills: Empathy Skills help with conflict resolution and maintaining positive relationships. When students learn to put themselves in another's shoes, they can develop new and more compassionate perspectives.

## May 1st is School Principal Day

School Principals are often found walking the halls, classrooms, and school yards with a smile, even though their day may not be going the way they imagined it. They know the names of their staff, students, families and community organizations. They keep our schools functioning and their list of duties are long; managing staff, students, events, and safety issues among many other things.

### **Activities for School Principal Day:**

#### • **Create a Picture Book**

- Have students draw their school principal. If able to, they can write down a few words to describe their principal.
- When the drawings are complete, bind them together in a book with a ring, staple or ribbon and work together to create a cover page.

#### • **Make Thank You Cards**

- Ask students to brainstorm what they think the job of a principal entails.
- Share that May 1 is Principal Day which is a day we can show our appreciation to the school principal for all they do everyday to keep the school running well and the environment safe.
- Have students share their cards with a partner and collect them and deliver them to the principal, alternatively invite the principal in and read have students read the cards to them, if they would like to.

#### • **Interview Your Principal**

- Share that May 1 is Principals Day and that you have invited the principal into the class to ask them questions about what their job is at the school.
- Have students create a series of questions to interview the principal about their position and what it entails. Remind the students that the questions need to be clear, appropriate and delivered politely.
- When the students are finished brainstorming their questions, share them as a class and have them select the ones they would like to ask.
- Invite the principal to the classroom and designate a person to ask each question.

Complete the activity by asking:

What new information did you learn about our school principal?

Did anything our school principal does surprise you? If so, what?

Would you like to be a school principal some day? Why or why not?