



DEER VALLEY
Unified School District

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January 19, 2021

DVUSD Parents and Guardians,

Every week, your student is learning and practicing social and emotional skills with their teachers. Each month has a different topic of focus. For the month of January, your student is focusing on developing the important skills of showing empathy and compassion. These lessons will be taught whether your child returns to campus in-person or joins DVOA for online learning.

Empathy is being able to understand the emotions and feelings of others.

Compassion is showing care and concern for others who are having a difficult time.

Here are some simple activities your family can do together:

- Practice helping other people, like friends and neighbors.
- Talk about feelings and why someone might be feeling a certain way.
- Write cards for sick children in the hospital or older people in a nursing home.
- Volunteer time at an animal shelter or food pantry.
- Listen to a friend who is having a hard time, and encourage them.
- Show gratitude.

Resources to help your family practice empathy and compassion:

- [5 Games to Play at Home to Build SEL Skills](#)
- [One Healthy Habit a Day January](#)
- [The Compassion Project](#)

Has your family practiced empathy and compassion through these stressful times? If your child could benefit from more strategies, please reach out to your child's teacher to discuss this and find out how you can build a partnership together to support them with their social and emotional well-being. Additionally, we have compiled several resources for our DVUSD families [here](#).

Thank you for sharing your children with DVUSD!

The DVUSD SEL Team

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