

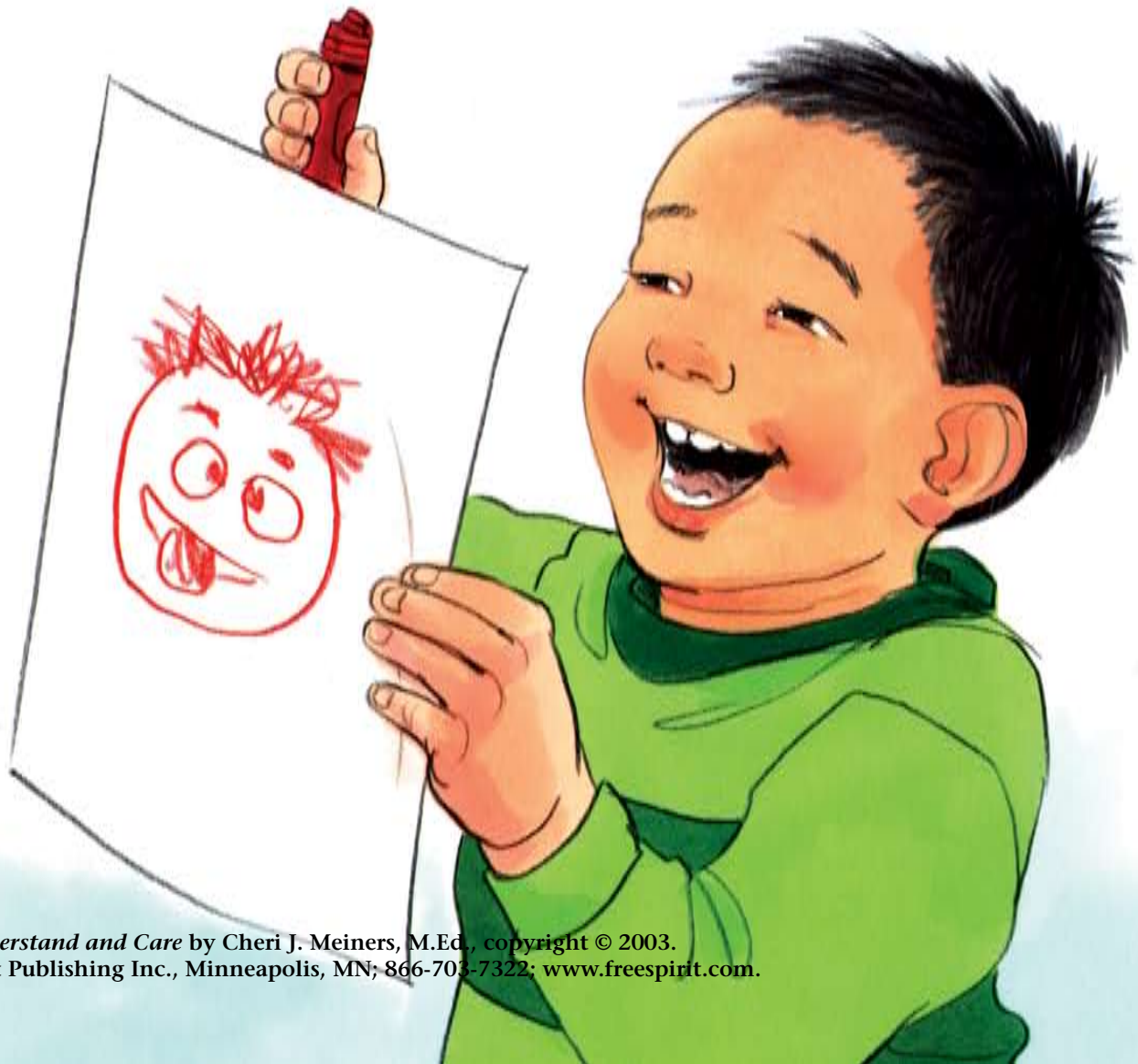
I see my friend smile and laugh
when she's happy.

She enjoys being with
people and things she likes.



I understand how she feels.

I smile and laugh at some
of the same things.



**The Free Spirit
Learning to Get Along®
Series**

Books that help young children learn to behave responsibly and respectfully toward themselves and others.

Here's what people are saying about this and other books in the **Learning to Get Along®** series:

"Children and adults will love these gentle, empowering books."

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"A wonderful resource for teaching social values to all children."

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Understand and Care

Empathy—a sincere, personal understanding of how another person feels—is essential to healthy relationships. This book builds empathy in children. In child-friendly words and supporting illustrations, it helps them to understand that other people have feelings like theirs—and different from theirs. It guides them to show they care by listening to others and respecting their feelings.

Made to be read aloud, this book also includes a special section for adults, with discussion questions to share, ideas to explore, and empathy games to play.



Cheri J. Meiners, M.Ed., has her master's degree in elementary education and gifted education. A former first-grade teacher, she has taught education classes at Utah State University and has supervised student teachers. Cheri and her husband, David, have six children.

The Free Spirit **Learning to Get Along®** series supports all ten Domain Elements in the Head Start Child Outcomes Framework Domains of "Language Development," "Social and Emotional Development," and "Approaches to Learning."

free spirit
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help themselves®
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