

# Encouraging Others

A parent resource pack for children aged 4-6.



# 1 Explanation for Parents

Encouragement is one of the simplest ways children can support each other. A few kind words can help someone feel brave enough to try something new, keep going after making a mistake or believe in themselves when something feels difficult.

For young children, learning how to encourage others is an important step in developing empathy and positive friendships.

When children learn to encourage others, they begin to understand that their words and actions can help someone feel stronger, happier and more confident.

This resource pack will help you teach your child how to recognise when someone needs encouragement and how to respond with kindness.

## 2 Encouraging Others

Encouragement is the act of supporting someone with kind words or actions.

Young children often experience moments where they feel unsure or nervous. This may happen when they try something new, struggle with an activity, or worry about making mistakes.

When a child receives encouragement from a friend, it can help them feel more confident and willing to try again.

Encouragement also benefits the child giving it. When children support others, they develop empathy, social awareness and communication skills.

At young ages, children are beginning to notice how their words affect other people. With gentle guidance, they can learn that simple phrases like:

“You can do it”

“Let’s try together”

“Great job trying”

...can make a big difference.

Teaching encouragement helps children become supportive friends and positive members of their community.



# 3 A child-friendly explanation

You can explain encouragement to your child in simple language like this:

“Sometimes our friends feel nervous or unsure”

“Maybe they are trying something new”

“Maybe they are worried about making a mistake”

Encouragement means helping someone feel brave. When we say kind words like:

“You can do it!”

“I believe in you!”

“Let’s try together!”

...we help our friends feel stronger and more confident.

# 4 A Short-Story Scenario

Stories help children understand how encouragement works.

You might tell your child this story:

One day at school, the class was having a race during sports day.

One child felt nervous about running.

“I might fall,” they said.

“I’m not very fast.”

A friend noticed how worried they felt.

“You can do it,” the friend said, “I’ll run with you.”

When the race started, the nervous child tried their best. They didn’t win the race, but they finished with a big smile.

Encouragement helped them feel brave enough to try.



# 5 Conversation Questions

Talking with your child helps them think about how encouragement works in real life.

You might ask questions such as:

Have you ever felt nervous about trying something new?

What helped you feel brave?

How do you feel when someone says something kind to you?

What could you say to a friend who feels unsure?

How can you help someone feel confident?

These conversations help children connect empathy with everyday experiences.



# 6 Practical Activity

## The Encouragement Words Game

This activity helps children practice encouraging language.

### Step 1: Talk about encouraging words

Explain that encouraging words help people feel brave and confident. Examples include:

“You can do it!”

“Keep trying”

“Great job”

“Let’s try together”

### Step 2: Practice together

Pretend to try something tricky, like building a tall tower or balancing a book.

Ask your child to say encouraging words while you try.

### Step 3: Switch roles

Now your child tries the activity while you encourage them.

This game helps children learn how encouragement feels and how powerful it can be.

# 7 Real-Life Examples

Children can practice encouragement in many everyday situations.

Example include:

## At school

A friend may feel nervous about answering a question or participating in a game.

## During sports

Encouraging teammates helps everyone feel confident.

## When learning something new

Children may feel unsure when trying a new skill.

## During playtime

A friend might feel frustrated while building something or completing a puzzle.

Parents can gently guide children by suggesting encouraging phrases they can use in these situations.

# 8 Reflection Activity

## Draw a Brave Friend

Ask your child to draw a picture of a friend trying something new.

It might be:

- ...learning to ride a bike
- ...climbing a playground structure
- ...running a race
- ...building something tall

Next, ask your child:

“What encouraging words could you say to help your friend feel brave?”

Write those words next to the drawing.

This activity helps children connect encouragement with real-life situations.



# 9 Preparing for your personalised Empathy Adventure

Children learn empathy best when they see themselves helping others.

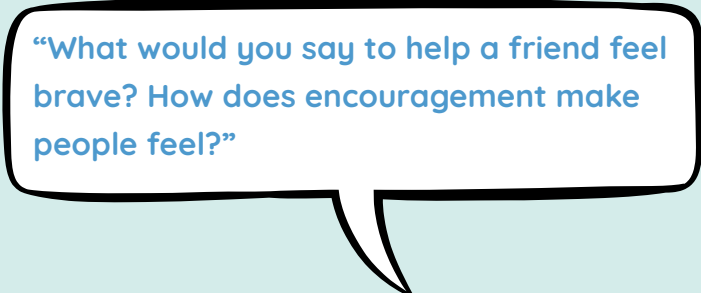
In the Empathy Adventures story ‘You Can Do It!’ your child becomes the main character who encourages a friend during a school race.

In the story, your child:

- notices that a friend feels nervous
- offers kind and encouraging words
- runs alongside their friend
- helps them discover their confidence

Seeing themselves as the hero of the story helps children understand that their words can make a powerful difference.

Before watching the story with your child, you might ask:



“What would you say to help a friend feel brave? How does encouragement make people feel?”

These questions prepare your child to connect with the story and understand the lesson.

If you have not yet explored the personalised Empathy Adventures story, it is a wonderful way to help children see themselves as someone who can support and encourage others.



**Empathy**  
Adventures®

# About Empathy Adventures

Empathy Adventures helps children learn kindness, understanding and emotional awareness through personalised stories where they become **the hero of the lesson!**

Each adventure helps children practice important life skills such as:

- Understanding others
- Managing emotions
- Encouraging friends
- Working together
- Forgiving mistakes
- Showing kindness and compassion