



Understanding different ways people experience the world.

A parent resource pack for children aged 4-6.



1 Explanation for Parents

Young children naturally notice when someone behaves differently from them. They may see a child covering their ears, avoiding eye contact, becoming upset in busy environments or preferring to play alone.

These behaviours can sometimes be linked to autism or other sensory differences, but children do not need complex explanations to begin understanding and responding with empathy.

What matters most at this age is helping children learn three key ideas:

1. Everyone experiences the world differently

Some people enjoy loud noises and busy spaces, while others find them overwhelming.

2. Differences are normal

Just like people have different favourite foods, games and hobbies, people also experience sounds, lights and social situations in different ways.

3. Kindness means helping others feel comfortable and included

Young children are beginning to develop their ability to recognise emotions in others and respond appropriately.

When parents guide them through real-life examples, they learn that kindness includes noticing when someone might be struggling and offering help.

This resource pack is designed to help you introduce these ideas in a simple and positive way.

2 How to explain this to your child

You can explain this idea to your child using simple language such as:

Everyone's brain works a little bit differently.

Some people love loud sounds and busy places.

Some people prefer quiet spaces.

Some people like lots of talking and playing with others.

Some people need a little more time or space.

None of these ways are wrong, they are just different ways of experiencing the world.

Being a kind friend means noticing when someone feels uncomfortable and helping them feel safe and included.



3 Short Story Scenario

Stories help young children understand situations they may see at school or in social settings.

You might tell your child a story like this:

One day at school, a new child joined the class. The classroom was busy and noisy as everyone started a music activity.

Most of the children were clapping and laughing.

But the new child covered their ears and looked upset.

One child noticed this and walked over slowly.

“Would you like to come somewhere quieter?” they asked.

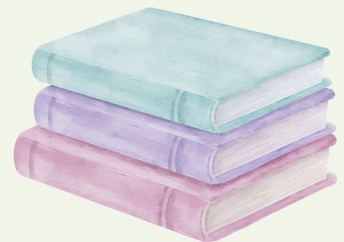
The new child nodded.

They moved to a quieter space together.

After a few minutes, the new child felt calmer and ready to go back.

That small act of kindness helped someone feel safe and included.

Stories like this help children understand that sometimes the best way to be a friend is simply noticing when someone needs help.



4 Conversation Questions

Talking with your child helps them connect ideas to real life.

You might ask questions such as:

- Have you ever been somewhere that felt too loud or busy?
- How did that make you feel?
- What do you think someone might feel if a room is very noisy?
- What could you do if you saw a friend covering their ears or looking upset?
- How can we help someone feel comfortable?

Encourage your child to think about feelings and possible actions.

There are no perfect answers. The goal is simply helping them learn to notice and care about how others feel.



5 Practical Activity

The “Quiet and Loud” Exploration Game

This activity helps children understand how different environments can feel.

Step 1 - Talk about sounds

Ask your child to name some loud sounds and some quiet sounds. Examples might include:

Loud sounds:

- Music
- Vacuum cleaners
- Busy playgrounds

Quiet sounds:

- Turning pages in a book
- Gentle rain
- Whispering

Step 2 - Imagine different reactions

Ask your child:

“Do you think everyone likes loud sounds the same amount?”

Explain that some people enjoy loud environments, while others feel happier in calm and quiet spaces.

Step 3 - Practice helping

Ask your child:

“If a friend felt uncomfortable because something was too loud, what could we do to help them?”

Your child might suggest:

- Moving somewhere quieter
- Speaking softly
- Asking if they are okay

These simple responses build empathy skills.

6 Real-Life Examples

Young children learn best when ideas connect to everyday life.

Here are some examples you may encounter:

At school

A classmate may cover their ears during a loud activity.

At a birthday party

Some children may enjoy the noise and excitement, while others may prefer a quieter corner.

During group play

Some children may want to join large games, while others prefer playing with one friend.

At home

A sibling might become upset when things are too loud or busy.

These situations provide opportunities to gently remind your child that “people experience things differently and we can help others feel comfortable.”



7 Reflection Activity

Reflection helps children think about how their actions affect others.

At the end of the day, you might ask your child simple questions such as:

- Did you notice anyone who looked happy today?
- Did anyone look upset or uncomfortable?
- Did you help someone today?
- How did it feel to help?

You could also ask your child to draw a picture of themselves helping a friend feel comfortable.

This encourages children to see themselves as someone who can make a positive difference.



8 Preparing for your personalised Empathy Adventure

Children learn empathy most effectively when they see themselves in the story.

In the Empathy Adventures animated story, your child becomes the main character who helps a new friend feel comfortable during a noisy classroom activity.

Your child will see their own face and avatar inside the story as they:

- Meet a new friend
- Notice when the friend feels overwhelmed
- Offer help and kindness
- Learn that people experience the world in different ways

Seeing themselves as the helper in the story helps children understand that they have the power to make others feel safe, included, and supported.

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

What would you do if a friend felt uncomfortable somewhere noisy?
How could you help someone feel better?

These questions prepare children to connect with the story and reinforce the empathy skills they are learning.

If you haven't yet explored the personalised Empathy Adventures story, it's a wonderful way to bring this lesson to life and help your child see themselves as a kind and thoughtful friend.



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