



Dear Host Roots of Empathy Schools and Classroom Teachers,

As we move into the school year of 2024-2025, children around the world are more dysregulated and needing more mental health supports than ever before. The main anchor in children's lives in unsettled times is often their school. Schools provide a stabilizing, unifying and very often very reassuring framework and are the backdrop of childhood. Roots of Empathy is confident that we can support children to be able to be able to talk about how they feel and to build their self-empathy and empathy for others thus helping them navigate their world from a position of wellbeing and positive mental health.

Roots of Empathy has received acknowledgements and awards recognizing our successes, most notably by HundrED, a global education non-profit based in Finland which, for the sixth consecutive year, selected Roots of Empathy as one of the top global impactful and scalable innovations in education. In fall 2022, we were honoured to be inducted as a permanent member of the HundrED Hall of Fame. Most recently, Roots of Empathy was given the honour of being shortlisted internationally as the best program in education that supports children's mental health.

Since 2000, the Roots of Empathy program has been evaluated by independent researchers through comparative and randomized controlled studies designed to measure the impact of the program on children's behaviour and social wellbeing. This research has been conducted in numerous countries across three continents. Results have been consistent in showing a significant reduction in aggression and bullying, and an increase in prosocial behaviors such as caring, helping, including, kindness and sharing (Santos, et al., 2011; Schonert-Reichl, et al., 2012; Cain & Carnellor, 2008). Various independent research studies have also demonstrated that these results last over time.

We are excited to once again roll out the Green Blanket and welcome our Tiny Teachers into schools for the 2024-25 school year. Roots of Empathy is prepared to support children through the challenges ahead by giving them the tools to help understand, identify, and talk about their own feelings.

If you are interested in learning more about Roots of Empathy, please visit our website at <http://www.rootsofempathy.org>, and visit us on social media @rootsofempathy. As a gift to you for hosting the program in your classroom, we will also be extending an opportunity for you to order a copy of Mary Gordon's best-selling book Roots of Empathy: Changing the World Child by Child. If you have any questions, please reach out to your volunteer Roots of Empathy Instructor anytime.

Kind regards,

Mary Gordon, C.M., O.N.L., O.ON., LL.D., D.Litt.
Founder/President, Roots of Empathy

