

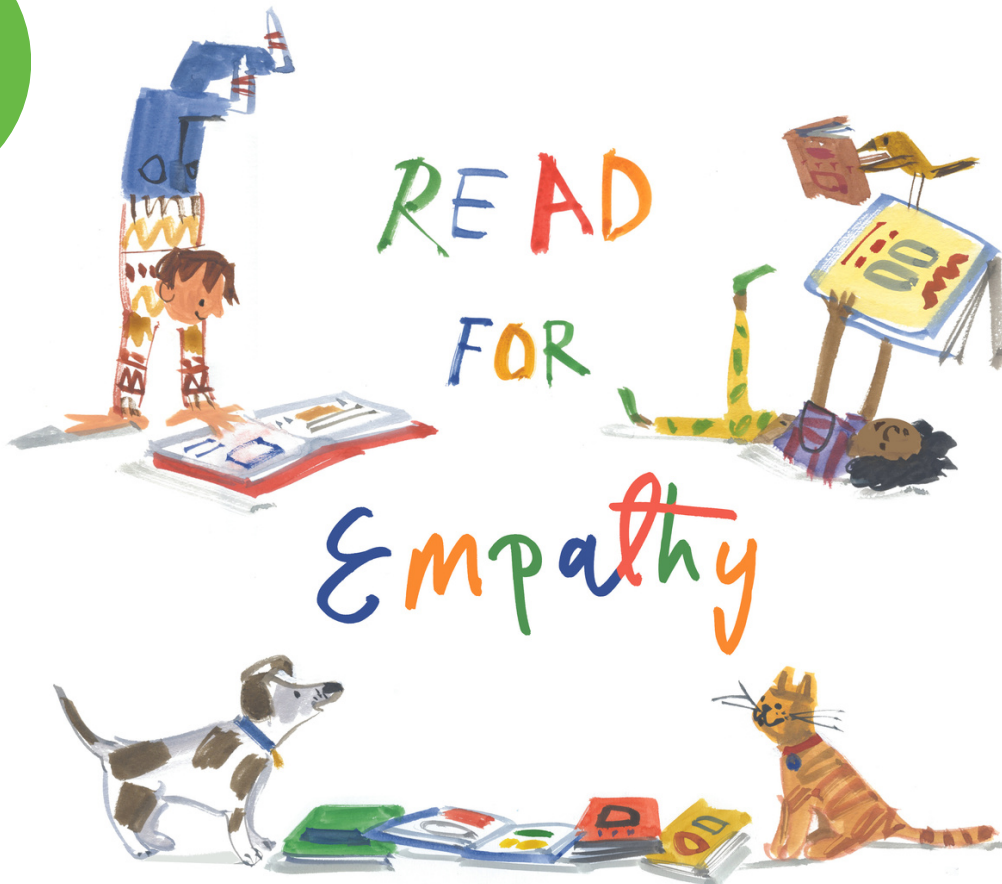


MISSION EMPATHY

Develop your superpower ● Change the world

FAMILY ACTIVITIES PACK EMPATHY DAY 2023

Green tip:
You don't
need to
print this
pack!



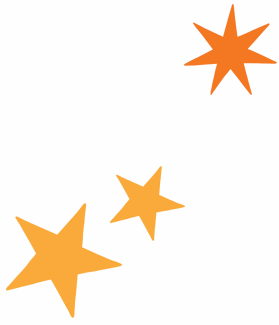
Salvatore Rubbino

Empathy
Lab

#EmpathyDay

@EmpathyLabUK

empathylab.uk



Welcome!



Thank you for downloading your Empathy Day activity pack. It is full of information, ideas and activities to help you and the children you live or work with prepare for an inspiring Empathy Day on Thursday 8 June 2023.

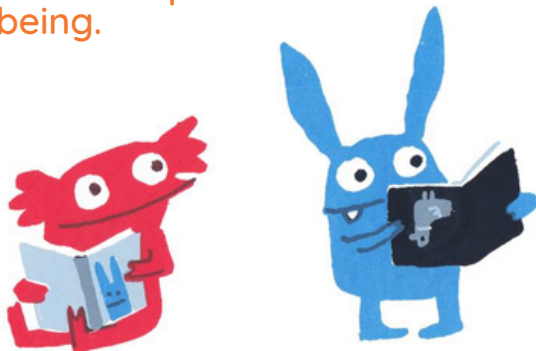
★ Empathy Day was founded by social enterprise EmpathyLab, in 2017. It aims to help us all understand each other better and spark a new national conversation about how to build a more empathetic society.

EmpathyLab is the first organisation to build children's empathy, literacy and social activism through use of high-quality children's books. Our strategy builds on scientific evidence showing the power of reading to build real-life empathy skills.

Why empathy is important for children and families

Empathy is vital to help children thrive and look to a positive future. It is an incredible power which allows us to connect with others and understand what they are feeling.

★ Empathy also motivates us to help others. Children who have good empathy skills can play an important role in making the world a better place. They will feel more settled at school and have happier relationships, so it's also important for their wellbeing.



Read for Empathy

1/4 2020 DoozyArt

Reading builds Empathy!

Research shows that empathy can be learnt, and books are a brilliant way of building it. When we read, we experience characters' feelings almost as if they are real - and this helps us feel empathy for people in the real world.

By taking part in Empathy Day activities, children will:

- Have new empathy experiences through books and author/illustrator role models
- Practice four key empathy skills:
 - increasing their emotional vocabulary
 - listening
 - taking the perspective of others
 - being inspired to put empathy into action

Mission Empathy

Mission Empathy features FIVE fun and creative empathy-boosting activities, which you can do as a family on Empathy Day. You can do the activities in any order and choose the ideas that work best for you. You don't need specific books to take part. Colouring pens or pencils are helpful and there are some activity templates in this pack if you wish to use them, but all the activities can be done with just scrap paper and a pen. (See pages 4 and 5 for details of all activities and the activity templates at the end of the pack).

Then on Empathy Day, watch top authors & illustrators taking part in the same activities as part of **Empathy Day Live!** – a day-long online festival at empathylab.uk/empathy-day-live

Watch live or watch later at a time that suits you (see page 6 for full programme)

Additional activities

- Talk to your children about what empathy is – we define empathy as the ability to experience and understand other people's feelings and their points of view
- Visit your local public library and choose books to help you #ReadforEmpathy
- Check if your public library is doing any special Empathy Day events
- Talk to your children's school to see if they are marking Empathy Day and encourage them to register for free resources at bit.ly/EDay23Registration
- Enjoy our Empathy Shorts – FREE empathy-focused short stories written by some of the UK's best children's writers, including Katya Balen, A.F. Harrold, Nizrana Farook, Helen Rutter, Joshua Seigal, Rashmi Sirdeshpande, Sam Copeland, E.L. Norry, Bali Rai, Justyn Edwards, Laura Noakes, Leah Osakwe, Ewa Jozefkowicz, and more, at empathylab.uk/empathy-shorts



The FIVE Mission Empathy Activities



Complete your mission by trying all FIVE activities

Families can choose from the activity options under each mission activity – you don't have to do them all!

1. Empathy Power Reads



This isn't reading as you know it, this is reading for empathy. JOIN our crowd-sourced book recommendation activity.

Choose and read an empathy boosting book and share your recommendations on social media, tagging @EmpathyLabUK

- Family recommendation– decide as a family which book you will recommend and share a family photo with the book. Choose an Empathy Short from empathylab.uk/empathy-shorts if you prefer
- Draw a character from your choice of book and share your picture on social media – don't forget to tell us the title of the book
- Using the template in this pack, make and wear a pair of Empathy Superpower Glasses to help you see the story from the character's point-of-view
- Strike a power pose – the pose that most represents the emotions you feel as you read the book together – share a photo



2. Empathy 360°

SEE the world through the eyes of others.



A great way to encourage children and adults to switch on their empathy superpower and take the perspective of others in their community.

- When you are out in your community together, look right around you. What and who do you see? How might the people you observe see the world differently from you? Where would more empathy help? Decide what you could do to make a difference
- Plan and go on an Empathy Walk together – walk around your community identifying situations where more empathy would help. Check out EmpathyLab's author Empathy Walks for inspiration empathylab.uk/empathy-walk
- When you are out in the community, play 'empathy spotting'. Spot acts of empathy around you and talk about what is happening. How many can you spot?



The FIVE Mission Empathy Activities



Complete your mission by trying all FIVE activities

3. Empathy Exchange

Step out of your normal bubble and **CONNECT** with someone you don't know well.

USE our conversation prompts in this pack, to help children have friendly, open conversations.

- Children could use the conversation prompts to talk to a relative or neighbour to get to know them better
- Choose a book character – and support children to have an imaginary empathy conversation with them – how might they respond to the questions?



4. Empathy Emotions Map

UNDERSTAND, NAME & SHARE feelings

Empathy is about understanding, naming and sharing feelings.

- Make a family list of emotions. How many emotions can you name e.g. excited, anxious, inspired, nervous, proud? Create a map with all the emotions you have listed
- Use your family emotions list to check in during the day – for example, ask children how they are feeling when they wake up, ask mum what her emotions are when she comes back from work, etc
- At the end of the day – just before bedtime, talk about the day – how many emotions did people in the family feel during the day?



5. Make an Empathy Resolution

How can **YOU** change things for the better through empathy?

Together resolve to use empathy to make a difference. What would make your home or community a happier, more caring place – where would more empathy help?

- Make a family Empathy Resolution on a poster
- Ask all family members to make individual resolutions on bunting
- Plan how you are going to act on your resolutions



EMPATHY DAY LIVE!



Watch our specially created FREE online festival at home. Streamed throughout the day, our bitesize films feature a brilliant lineup of authors & illustrators modelling the Mission Empathy challenge activities to inspire you and your family. Films are 5-10 minutes long.

Watch at empathylab.uk/empathy-day-live (or watch on demand).

9am

New! ASSEMBLY with Children's Laureate, JOSEPH COELHO (10 mins)

With empathy resolutions by Cressida Cowell, Chris Riddell & Jacqueline Wilson

LET'S MAKE AN EMPATHY RESOLUTION!

Favourite authors & illustrators share their resolutions - how will they be putting empathy into action?



9.30am

SKILL
Perspective-Taking

READ FOR EMPATHY

Join our big share as authors recommend their favourite empathy-boosting books and try out their powerposes

- Frank Cottrell Boyce
- Hannah Gold
- Sharna Jackson



10am

SKILL
Perspective-Taking

EMPATHY 360°

Authors switch on their empathy superpower to see the world through the eyes of others and decide what they can do to make a difference

- Jen Carney & James Sellick



From 10.30am

SKILL
Deep Listening

EMPATHY EXCHANGE

Authors show how listening can help you get to know each other better

- Maisie Chan & Sue Hendra (10.30am)
- OR
- Joanna Nadin & SF Said (10.45am)



11am

SKILL
Social Action

EMPATHY EMOTIONS MAP

Illustrators make a mind map to share their emotions

- Sharon King-Chai
- Aoife Dooley
- Selom Sunu



11.30am

SKILL
Social Action

EMPATHY RESOLUTIONS

Think about what would make your home, school or community a happier, more caring place - and make your own empathy resolution

- Louie Stowell
- A.M. Dassu
- Michael Mann



2pm

SKILL
Perspective-Taking

DRAW WITH ROB

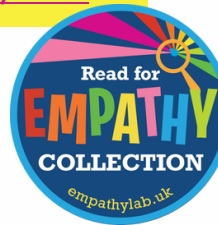
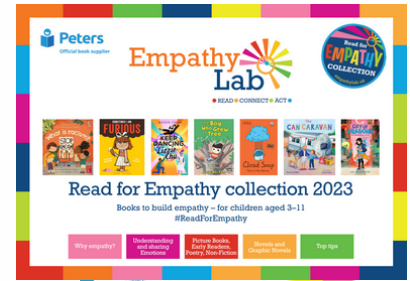
A special empathy-focussed draw-along - learn how to draw your own bush baby with Rob Biddulph!





Discover more empathy-boosting books

Every year EmpathyLab select a Read for Empathy collection of around 60 contemporary empathy-boosting books. Explore 2023's collection and choices from previous years, to get expert reading recommendations for children aged 3 -16. Download your free guide at empathylib.uk/RFE



FIVE top tips for practicing empathy skills with children through books & reading



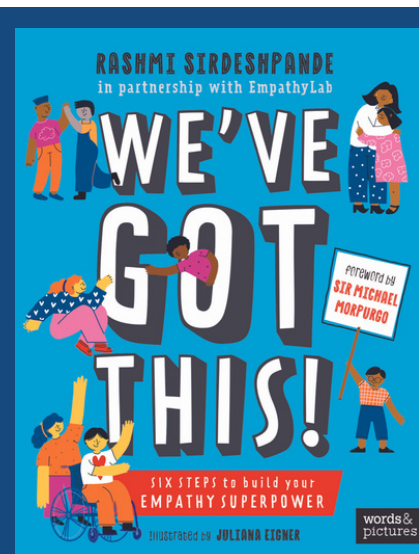
Tip 1: Recognising feelings – use lots of different emotion words when discussing stories

Tip 2: Talk about characters – instead of discussing what might happen next, focus on the characters. What would it feel like to stand in the characters' shoes?

Tip 3: Don't forget the pictures – illustrations are really good for reading other people. Can you tell from the pictures how the characters feel?

Tip 4: Listen – listen really carefully as children explore their feelings about the books they are reading and sharing

Tip 5: Take it further – has a book helped your child see the world differently? Do they feel inspired to do something to help others? Why not act upon this as a family?



AN ESSENTIAL NEW EMPATHY HANDBOOK FOR READERS AGED 7-12

By Rashmi Sirdeshpande, illustrated by Juliana Eigner

- Powerful ideas for building empathy skills
- Empathy exercises created by top authors

All royalties support EmpathyLab's work

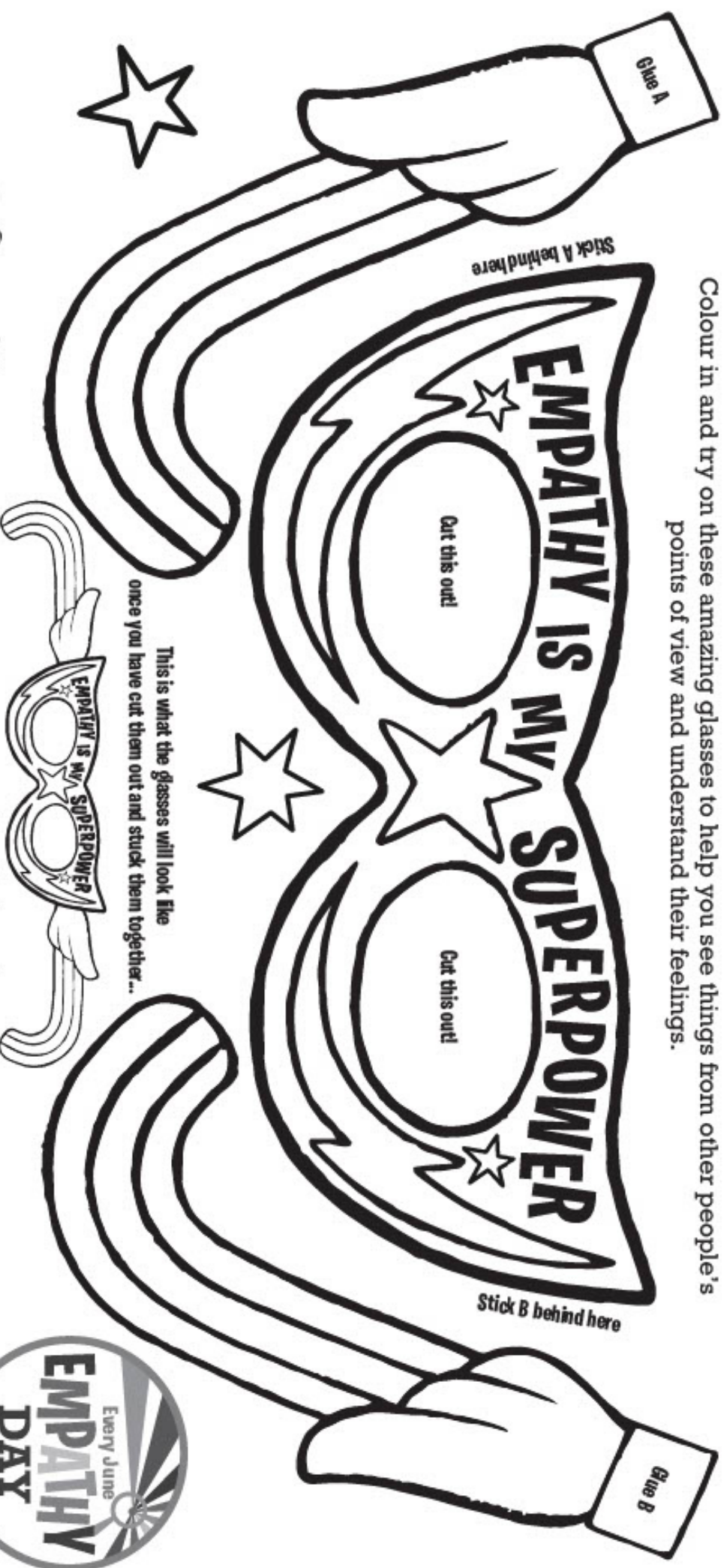
Pre-order at: geni.us/WeveGotThisBook



EMPATHY

SUPERPOWER GLASSES

Colour in and try on these amazing glasses to help you see things from other people's points of view and understand their feelings.



This is what the glasses will look like once you have cut them out and stuck them together...

Illustration © *Sophy Horn*

www.empathylab.uk



Get to know someone better with these questions, designed to spark rich, empathy-filled conversations. Cut the questions out and take turns asking in pairs. Try to really LISTEN to their answers.



I'd love to hear about a special memory

Empathy Exchange



Could you tell me about something you found challenging and how you overcame it

Empathy Exchange



What have you achieved that you're proud of?

Empathy Exchange



What do you think makes a good life?

Empathy Exchange



What do you do to be a good friend?

Empathy Exchange



Is there a book character that you empathise with? Who is it and why?

Empathy Exchange



How would I cheer you up if you were having a bad day?

Empathy Exchange



What makes you really happy?

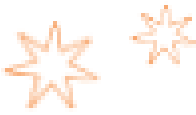
Empathy Exchange



Many thanks to the pupils at Moorlands Primary & Beck Primary for their contributions



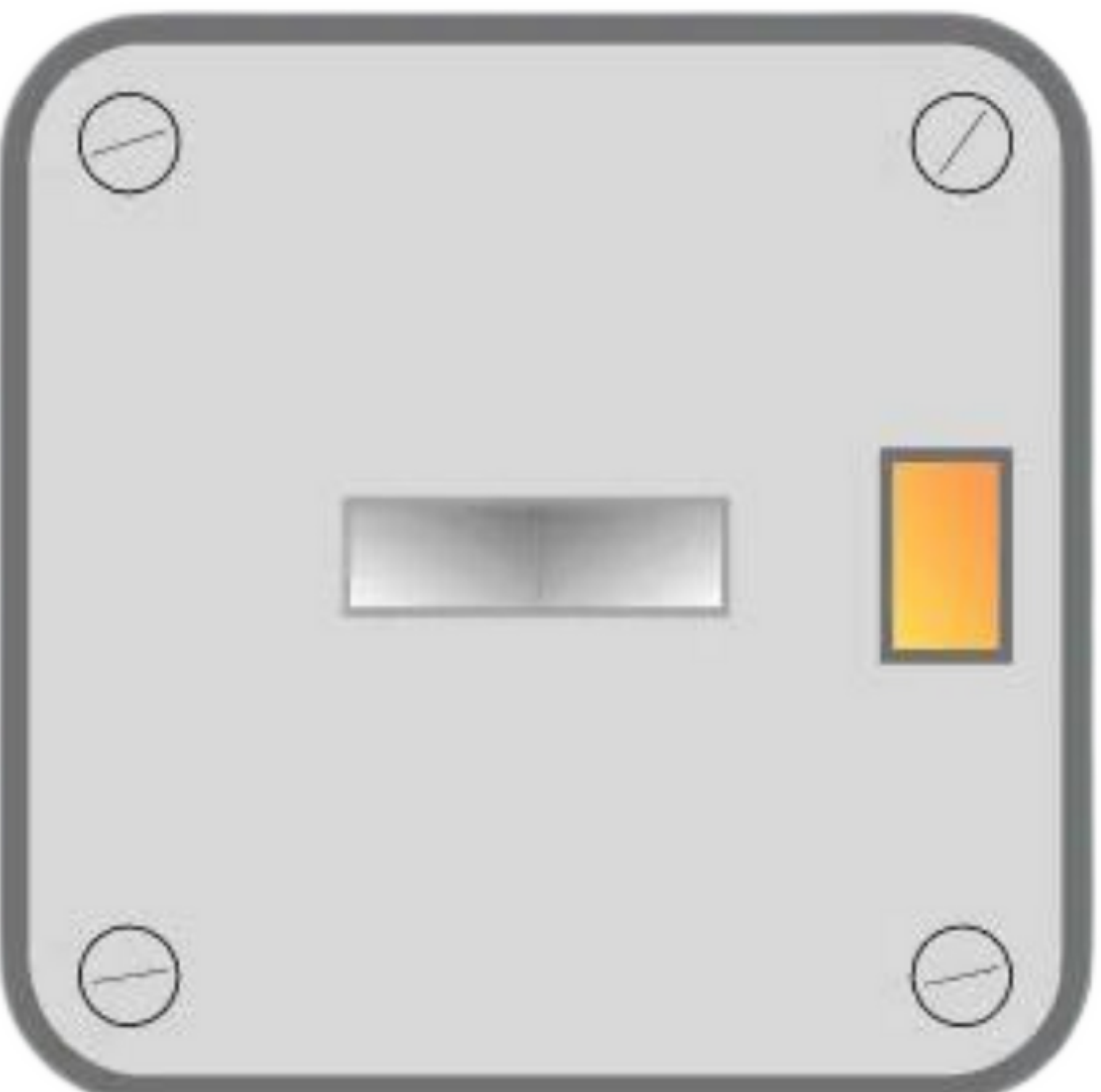
My Empathy Resolution is...



TURN ON YOUR LISTENING SWITCH!

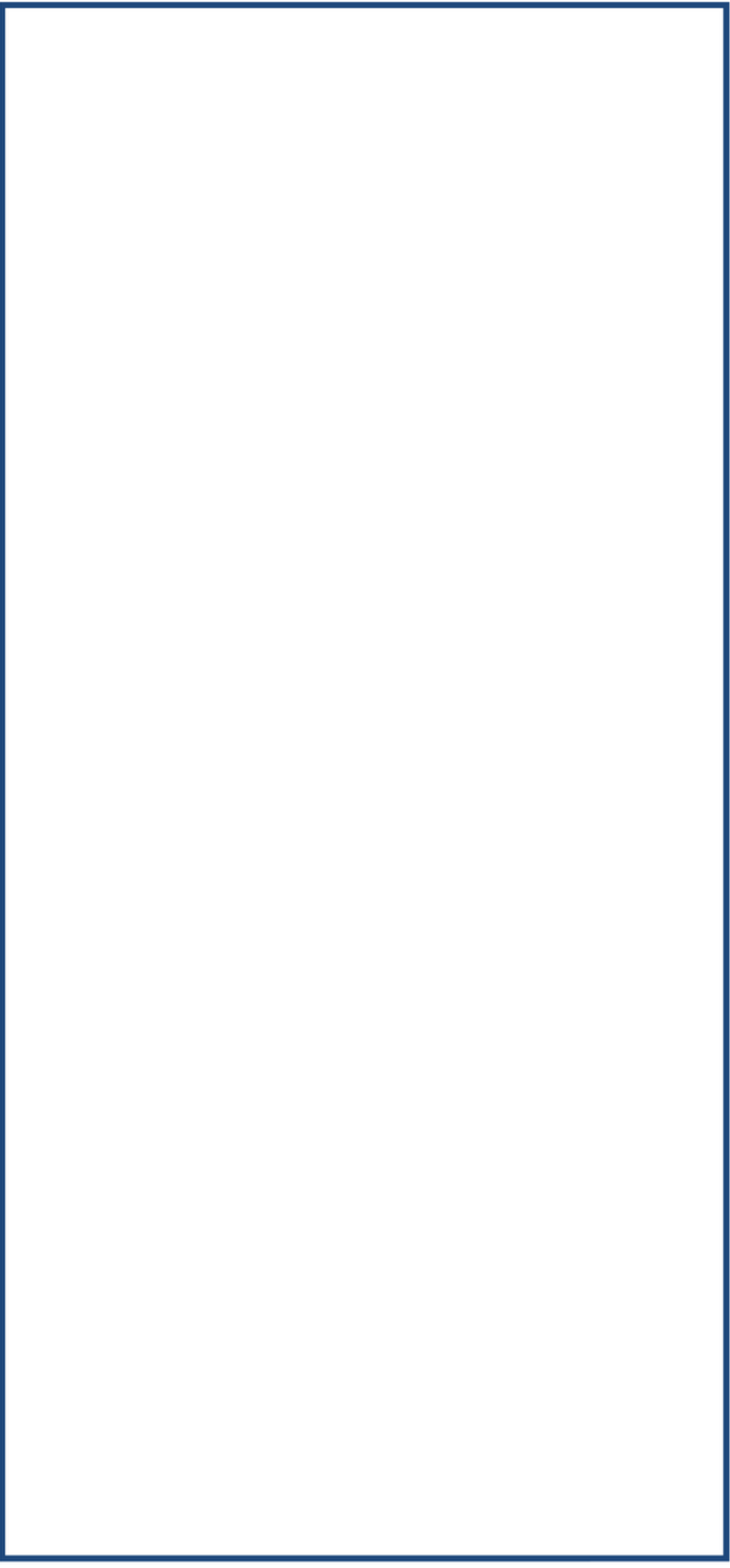


Listening really well is a vital part of empathy, but it's also something that needs practise!
Use our Listening Switch activity to get you started. Visit empathylab.uk/the-listening-switch for details on how to use.



CREATE AN EMPATHY EMOTIONS MAP!

Make a list of emotions to start you off (e.g. excited, anxious, etc.), then create a mind map to write/draw your emotions throughout the day. Visit the 2023 Illustrators' Gallery for inspiration! At the end of the day, share and discuss your maps safely, without names.



Empathy Action Month



Put Empathy Action Month in your diary for November:

- great opportunity to revisit the resolutions made on Empathy Day, to make new ones & get ready for Empathy Day 2024
- brand new author & illustrator-led resources to continue your empathy work



empathylab.uk/empathy-action-month



Donate to our work



If you believe the world needs more empathy and support our mission of raising an EMPATHY-EDUCATED GENERATION, please consider donating to our work to:

- help us reach more children
- raise the empathy awareness & skills of 1 MILLION children a year by 2026

Find out more at: empathylab.uk/donate

Scan here to donate



THANK YOU!



This work has been supported by an award from Postcode Society Trust, a grant-giving charity funded entirely by players of People's Postcode Lottery.



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● READ ● CONNECT ● ACT ●