

# FAMILY ACTIVITIES PACK

Brilliant empathy-boosting things  
to do at home!



Empathy Day 2022



# Welcome!

This Family Activities pack helps you prepare for Empathy Day on 9 June, and the Empathy Superpower Challenge.

It comes to you from EmpathyLab, proud founders of Empathy Day. We aim to raise an empathy-educated generation to build a more caring world. Find out more at [www.empathylab.uk](http://www.empathylab.uk)

We offer families practical ways to build empathy, using stories as a tool. Let's make sure **every** child feels understood and has the chance to develop the important life skill of empathy.

## THE SUPERPOWER CHALLENGE 2022

The Challenge has nine fun empathy-boosting activities for you to do in May and June. Get downloadable rewards along the way!

For extra inspiration watch leading authors and illustrators doing the same activities on 9 June in our online festival **Empathy Day Live!**. The sessions are recorded so you can watch together in your own time. See [page 11](#).

You can do the challenge activities in any order. Drawing and craft materials are great, but all you really need is scrap paper and a pencil. And you don't need to print this pack.

Do use our Read for Empathy Guides if you'd like book recommendations [empathylab.uk/2022-read-for-empathy-collections](http://empathylab.uk/2022-read-for-empathy-collections)

Empathy is vital as we help children look to a positive future. Thank you for joining us to give every child an empathy experience.

## Remember to join us on 9 June for Empathy Day Live!

Activities and online events led by superstar authors & illustrators!

Take a peek at the programme on [page 11](#).





# A Family Guide to Empathy Day

Did you know that empathy is learnable and that reading stories can build it? When we read, our brains experience characters' feelings as real and this helps us feel empathy for people in the real world.

## EMPATHY DAY - 9 JUNE 2022

Empathy Day helps young people learn more about empathy and get inspired to put it into action. Schools, libraries, and families will all be taking part.

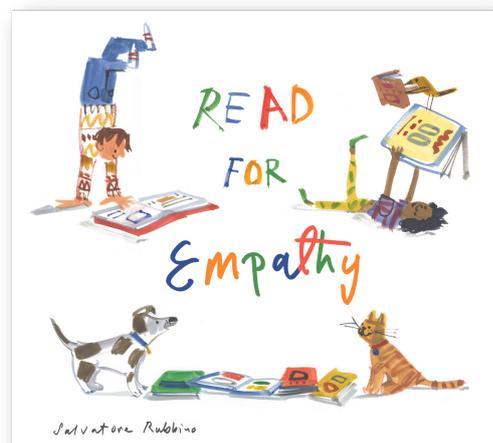
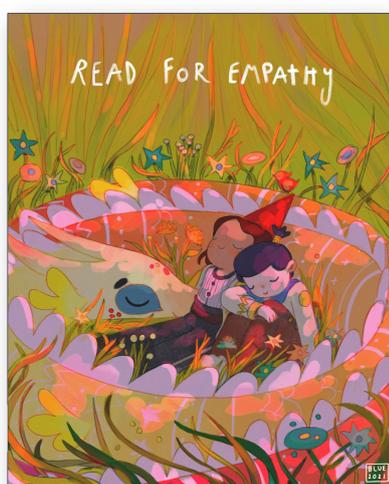
This year's Empathy Day theme is **empathy, our human superpower**, celebrating empathy's incredible power. It helps us read someone else's mind and understand how they are feeling. Like a muscle, empathy grows the more we use it, and it motivates us to help other people.

### By taking part, children will

- Understand more about empathy and that it's a learnable skill;
- Have new empathy experiences through literature and author/illustrator role models;
- Be inspired to put empathy into action.

### How can families get involved?

- Join the Superpower Challenge (see page 3)
- Visit your library or bookshop and choose books to help you #ReadforEmpathy
- Check out the **Empathy Day Live!** programme (see page 11) – watch live or catch up later at [empathylab.uk/empathy-day-LIVE-2022](https://empathylab.uk/empathy-day-LIVE-2022)
- Explore the resources specially commissioned for Empathy Day
  - **Empathy Shorts** – empathy-focused 500-word stories written by leading children's writers [empathylab.uk/empathy-shorts](https://empathylab.uk/empathy-shorts)
  - **The Illustration Gallery** – beautiful illustrations interpreting the phrase #ReadforEmpathy by leading children's book illustrators [empathylab.uk/RfE-illustrators-gallery](https://empathylab.uk/RfE-illustrators-gallery)





# The Empathy Superpower Challenge

During May and June in the run-up to Empathy Day, we're challenging everyone to boost their superpower by taking the Empathy Superpower Challenge

## Read

Speak Empathy to Power

Superpower x-ray glasses

Empathy Power Pose

## Connect

Human Discoveries

Listening Switch Power Bank

Empathy Walks

## Act

Empathy Superheroes

Empathy Comic Strip

Empathy Resolutions

Pass it on – inspire someone else to develop their Empathy Superpower!

- Families can take part in the challenge together or as individuals
- You can download an Empathy Superpower Challenge Record Sheet to record your activities or use the next page of this toolkit [empathylab.uk/family-activities-pack-2022](http://empathylab.uk/family-activities-pack-2022)
- Share your empathy-boosting activities safely on social media
- Complete
  - three activities and download a digital badge;
  - all nine and download a certificate signed by Michael Rosen!
- Pass the challenge on to someone else. Help spread empathy!



NAME .....

# 's Empathy Superpower Challenge

## record card

My favourite Human Discovery is .....

My Empathy Resolution is .....

.....

.....

I gave my Empathy Comic Strip to .....

.....

.....

I made my Superpower X-Ray Glasses

I spoke Empathy to Power by recommending a book called.....

My unsung Empathy Hero is .....

On my Empathy Walk, one thing I noticed was.....

.....

The book I shared in my #Empathy PowerPose was .....

I turned on my Listening Switch Power Bank





# How to do the challenge: **READ**

**Books build empathy by giving us insight into other lives.**

## Speak Empathy to Power

You will need:

- Stories! Visit your library or bookshop to help choose stories or read the Empathy Shorts for inspiration [empathylab.uk/empathy-shorts](https://empathylab.uk/empathy-shorts)



Decision-makers need empathy superpowers too! Talk as a family about who the decision-makers are in your lives and communities. Which stories would you recommend to help them make good choices?

- You could visit your library or bookshop to help choose stories or read the Empathy Shorts for inspiration [empathylab.uk/empathy-shorts](https://empathylab.uk/empathy-shorts)
- Share your recommendations on social media - #EmpathyDay #ReadforEmpathy

**WATCH**

**Speak Empathy to Power LIVE! on 9 June**

Join authors Alex Wheatle, Nicola Davies, Onjali Q. Rauf and Sita Brahmachari as they share their powerful recommendations from 9am at [www.empathylab.uk](https://www.empathylab.uk) (also available to watch on-demand!)

## Use empathy x-ray glasses to 'read' and understand others

You will need:

- Print the X-Ray Glasses [empathylab.uk/family-activities-pack-2022](https://empathylab.uk/family-activities-pack-2022)
- Scissors (ask an adult for help!)



- Download the glasses template for children to decorate and make their own.
- Encourage them to use the glasses when reading stories - use their superpower to see through the eyes of book characters.

**Superpower X-Ray Glasses LIVE! on 9 June**

Join authors Benjamin Dean, Nadia Shireen and Jen Carney, making and using their glasses from 9am at [www.empathylab.uk](https://www.empathylab.uk) (also available to watch on-demand!)

**WATCH**



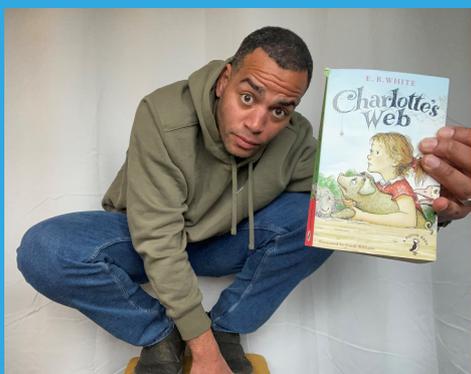
# How to do the challenge: **READ**

## Empathy Power Pose

You will need:

- Your empathy-boosting book
- A camera or mobile phone

- Share empathy book recommendations to get more people reading empathy-rich books
- Take a family selfie photo holding your recommended empathy reads
- You may wish to cover faces with the books; share on social media to inspire others



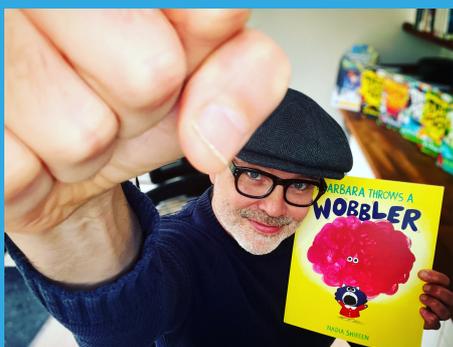
Ben Bailey-Smith



Jacqueline Wilson



Sam Sedgeman



Rob Biddulph



Lemn Sissay



Joanna Nadin

## WATCH

The Empathy Power Pose Big Share LIVE! on 9 June

Join a wonderful array of authors and illustrators sharing their power pose book recommendations at [www.empathylab.uk](http://www.empathylab.uk)



# How to do the challenge: **CONNECT**

## Put your empathy superpowers into practice by deeply connecting with others

### Human Discoveries

You will need:

- Our list of listening prompts [empathylab.uk/family-activities-pack-2022](https://empathylab.uk/family-activities-pack-2022)
- A friend or family member to talk to



- Find out something you didn't know about someone in your family, or a friend/ neighbour. Get to understand them a little better.
- Use the downloadable listening prompts to talk to each other.
- Parents could tell stories of their childhood; children could share a secret ambition.
- Take turns to talk, listen and gently discover more about each other, moving on if someone feels uncomfortable.

### WATCH

Human Discoveries LIVE! on 9 June

Watch authors and illustrators James Mayhew, Rashmi Sirdeshpande, Tom Percival and Elle McNicoll play the Human Discoveries game from 10am at [www.empathylab.uk](https://www.empathylab.uk) (also available to watch on-demand).

### Listening Switch Power Bank

You will need:

- The Listening Switch Power Bank [empathylab.uk/family-activities-pack-2022](https://empathylab.uk/family-activities-pack-2022)



Listening is a key part of empathy. When you talk to each other, how many listening skills in the downloadable power bank can you switch on? Have a conversation and then reflect on how well you listened to each other

Listening Switch Power Bank LIVE! on 9 June

Join authors Val Bloom, Bali Rai, James Catchpole and Karl Nova practising their listening skills from 10am at [www.empathylab.uk](https://www.empathylab.uk) (also available to watch on-demand).

### WATCH

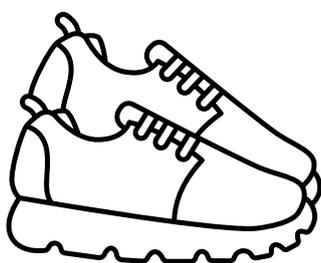


# How to do the challenge: **CONNECT**

## Empathy Walks

You will need:

- Paper and a pencil



- Take a short walk around your local area. Notice and reflect on the situations you see - maybe a homeless person, an argument, a family having fun.
- Share your feelings about what you have seen.
- Draw a map or pictures of what you have seen/felt or record a short film about your walk.
- Share maps, drawings or films @EmpathyLabUK with #EmpathyDay on Twitter, Facebook and Instagram.
- Use your walk to inspire your Empathy Resolution.
- Safety notes
  - Don't take photos of people or photos on private land unless there is explicit permission.
  - Walk together so that you can discuss afterwards.
  - Anonymise maps by not identifying street names.

## WATCH

### Empathy Walks LIVE! on 9 June

Take a virtual Empathy Walk with authors and illustrators including Abigail Balfe, Tom Palmer, Burhana Islam, Ben Davis and Manon Steffan Ros from 10am at [www.empathylab.uk](http://www.empathylab.uk) (also available to watch on-demand).





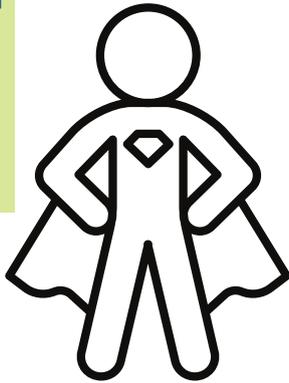
# How to do the challenge: **ACT**

## Reinforce your empathy superpower by taking real world action

### Empathy Superheroes

#### You will need

- to search local newspapers, newsletters, websites and social media

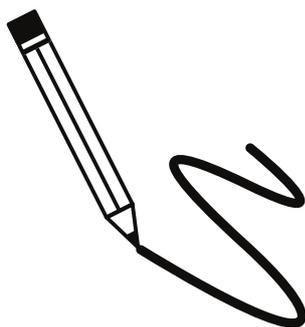


- Celebrate people in your community who are using empathy skills to make a difference. Help children understand that empathy superheroes exist everywhere.
- Use local websites and newspapers to explore how people use their empathy skills to help others – perhaps local food bank workers or litter pickers – talk as a family about how you could support them.
- Use this to inspire empathy resolutions.

### Give an Empathy Comic Strip gift

#### You will need

- paper and a pencil



- As a family, turn ideas about empathy superpowers into a comic strip story.
- You could create an amazing empathic character who makes a difference to the people around them.
- Give your story to a friend, relative or neighbour.

#### **WATCH**

Empathy Comic Strip Gift LIVE! on 9 June

Watch illustrators **Sophy Henn** and **Mark Bradley** make their comic strips from 11am at [www.empathylab.uk](http://www.empathylab.uk) (also available to watch on-demand).

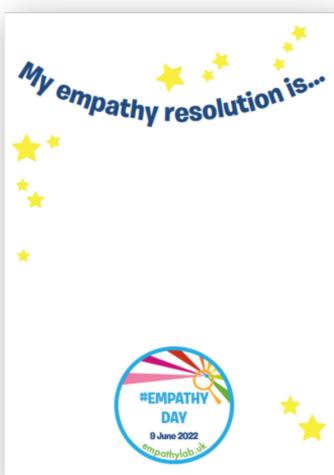


# How to do the challenge: **ACT**

## Empathy Resolutions

You will need

- paper and a pencil



- Make a resolution for Empathy Day to change things for the better and share to inspire others. These can be big or small, e.g. “not to judge people before I’ve got to know them better”; “try to understand my brother better when I find him annoying”; “to join a community planting team in a local park”
- Create a family poster to display in your window for Empathy Day or share on social media
- Don’t forget to share what you are doing safely on social media @EmpathyLabUk #EmpathyDay #ReadforEmpathy

### Empathy Resolutions LIVE! on 9 June

Join authors Phil Earle and Patrice Lawrence to find out what their Empathy Resolutions will be from 11am at [www.empathylab.uk](http://www.empathylab.uk) (also available to watch on-demand).



# Don't forget to pass the challenge on - invite friends or family to take the Superpower Challenge themselves!





# Empathy Day Live! 2022



Stream our powerful online festival into your home as part of your Empathy Day programme!

Renowned children's authors and illustrators inject energy and excitement, inspiring everyone to boost their empathy superpower as they model the Superpower Challenge activities in these fun and thought-provoking bitesize sessions. You can download free resources to support activities for these sessions.

Join us at [empathylab.uk/empathy-day-LIVE-2022](https://empathylab.uk/empathy-day-LIVE-2022) from the times below, or on-demand later.

<p><b>LAUNCH</b> Live from 7.30am</p>	<p><b>Launch with the Children's Laureate &amp; Friends</b> Cressida Cowell with Michael Morpurgo, Malorie Blackman, Jacqueline Wilson, Joseph Coelho and Michael Rosen</p>		
<p><b>READ</b> Live from 9.00am</p>	<p><b>Superpower X-Ray Glasses</b> Nadia Shireen Benjamin Dean Jen Carney</p>	<p><b>Power Pose Book Recommendations</b> Jacqueline Wilson, Lemn Sissay, Katie &amp; Kevin Tsang, Sophie Dahl, Rosie Jones, Ben Bailey Smith, Katherine Rundell, Zanib Mian, Jim Field, Maisie Chan &amp; more...</p>	<p><b>Speak Empathy to Power</b> Sita Brahmachari Nicola Davies Onjali Q. Rauf Alex Wheatle</p>
<p><b>CONNECT</b> Live from 10.00am</p>	<p><b>Listening Switch Power Bank</b> Bali Rai Val Bloom  James Catchpole Karl Nova</p>	<p><b>Human Discoveries</b> James Mayhew Rashmi Sirdeshpande  Tom Percival Elle McNicoll</p>	<p><b>Empathy Walks</b> Burhana Islam Abigail Balfe Tom Palmer Ben Davis Manon Steffan Ros</p>
<p><b>ACT</b> Live from 11.00am</p>	<p><b>Empathy Comic Strips</b> Sophy Henn Mark Bradley</p>	<p><b>Empathy Resolutions</b> Phil Earle Patrice Lawrence</p>	

**FINALE: Exclusive empathy-themed Draw With Rob Biddulph**  
All afternoon through till bedtime  
**THE BIG SHARE #EmpathyDay**  
Share your work and activities



Watch on-demand

All videos will be available to watch at a time that suits you on the EmpathyLab YouTube channel [youtube.com/c/EmpathyLabUK](https://youtube.com/c/EmpathyLabUK)

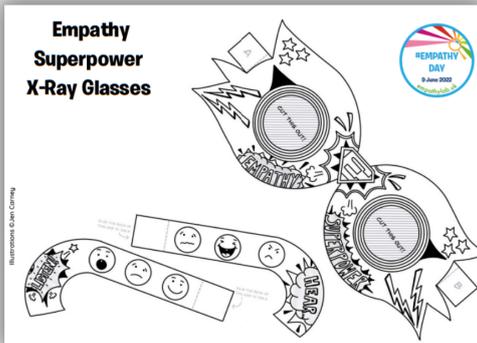


# Appendix: downloadable resources

All resources listed below are available on our website

You can access our downloadable resources at:  
[empathylab.uk/family-activities-pack-2022](http://empathylab.uk/family-activities-pack-2022)

## Superpower X-Ray Glasses



## Superpower Challenge Record Card (several options to choose from)

NAME ..... 's Empathy Superpower Challenge record card

My favourite Human Discovery is .....

My Empathy Resolution is .....

I gave my Empathy Comic Strip to .....

My unsung Empathy Hero is .....

I spoke Empathy to Power by recommending a book called .....

I made my Superpower X-Ray Glasses .....

The book I shared in my #Empathy PowerPose was .....

I turned on my Listening Switch Power Bank .....

On my Empathy Walk, one thing noticed was.....

NAME ..... 's Empathy Superpower Challenge record card

My favourite Human Discovery is .....

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I turned on my Listening Switch Power Bank .....

On my Empathy Walk, one thing I noticed was.....

## Human Discoveries prompts

I'd like to hear about  
A story that helped you understand a real life situation  
Human Discoveries

I'd like to hear about  
Your proudest moment  
Human Discoveries

I'd like to hear about  
A special memory  
Human Discoveries

I'd like to hear about  
Something you feel strongly about  
Human Discoveries

I'd like to hear about  
Anything you feel like sharing  
Human Discoveries

I'd like to hear about  
Something that made you really happy  
Human Discoveries

I'd like to hear about  
Something you found hard  
Human Discoveries

I'd like to hear about  
Something you loved reading  
Human Discoveries

NAME ..... 's Empathy Superpower Challenge record card

I gave my Empathy Comic Strip to .....

I spoke Empathy to Power by recommending a book called .....

My favourite Human Discovery is .....

I made my Superpower X-Ray Glasses .....

I turned on my Listening Switch Power Bank .....

My Empathy Resolution is .....

My unsung Empathy Hero is .....

The book I shared in my #Empathy PowerPose was .....

On my Empathy Walk, one thing I noticed was .....



Badge & certificate

## Listening Switch Power Bank Bookmark



**This certifies that**

the ..... family

has completed all nine activities in the Empathy Superpower Challenge!

Date ..... Signed *Michael Rosen*  
Michael Rosen

EmpathyLab