

#EMPATHY DAY

10 June 2021

empathylab.uk

Walk in someone else's shoes

ABOUT EMPATHY DAY

Empathy Day focuses on understanding and listening to each other, and using books to step into someone else's shoes.

"Empathy is a quality of character that can change the world."
Barack Obama

READING IS AN EMPATHY WORKOUT!

The more you empathise with characters' feelings, the more you understand how other people work. Train your brain with stories!

WHAT IS EMPATHY, ANYWAY?

Empathy is imagining and sharing someone else's feelings.

EMPATHY IS MADE UP OF THREE ELEMENTS

Thinking
Where we use reason and imagination to work out how someone else feels.

Acting
Where we are inspired to help others having experienced what they are feeling.

Feeling
Where we resonate with other people's emotions.

"Reading allows us to view the world through another's eyes and to walk in their shoes for a while."
Neil Gaiman

WHAT TO DO ON EMPATHY DAY

Read: Share ideas for empathy-boosting books
[#ReadForEmpathy](#) [@EmpathyLabUK](#)

Connect: Go on an Empathy Walk
empathylab.uk/empathy-walk

Act: Make an Empathy Resolution
empathylab.uk/empathy-resolutions

A WORLD WITH MORE EMPATHY

Empathy is a powerful force for good. More empathy means happier children, stronger communities, a better world.

EMPATHY CAN BE LEARNT

We're not born with a fixed quantity of empathy. Scientists say 98% of us can improve this skill at any point in our lives.

GO ON AN EMPATHY WALK

Understand your community better by going an Empathy Walk.
empathylab.uk/empathy-walk

ONLINE

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