

1. Empathy Power Reads

This isn't reading as you know it, this is reading for empathy.

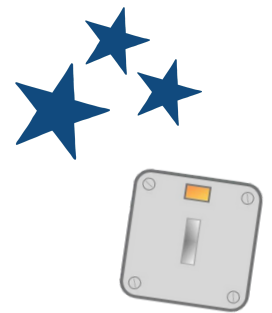
- JOIN our crowd-sourced book recommendation activity
- CHOOSE and READ an empathy-boosting book – use the brilliant Empathy Collection for inspiration
- SHARE and DISCUSS your chosen book
- WEAR a pair of empathy superpower glasses to help you see the story from the character's point-of-view
- STRIKE a power pose with your book and share it safely on social media



2. Empathy 360°

See the world through the eyes of others.

- SWITCH ON your empathy superpower
- LOOK right around you – just stand still or go on an empathy walk
- NOTICE how the world might seem to someone you encounter
- REFLECT on your new 360° perspective
- DECIDE what YOU can do to make a difference



3. Empathy Exchange

Step out of your normal bubble & connect with someone you don't know.

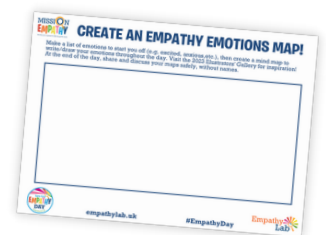
- MAKE TIME to get to know someone better
- USE our conversation prompts to help you
- HAVE a friendly, open conversation
- LISTEN with 100% of your attention
- CHECK you've understood what they have told you



4. Empathy Emotions Map

Empathy is about understanding and sharing feelings.

- GET creative!
- MAKE a mind map – as a class or individuals – to record your emotions throughout the day by writing and drawing on the map
- WORK TOGETHER to make a list of emotions to start you off e.g. excited, anxious, inspired, nervous, proud, valued
- VISIT our Illustration Gallery for inspiration – see maps by your favourite illustrators
- SHARE and DISCUSS the maps – safely – no names



5. Make an Empathy Resolution

How can YOU change things for the better through empathy?

- THINK about what would make your home, school, community a happier, more caring place – where would more empathy help?
- DECIDE what you will do to make a difference
- WATCH how your favourite authors and illustrators plan to use empathy to change things for the better
- MAKE and SHARE your resolution with your class, friends and family
- START acting on your resolution now!

