

Read. Connect. Act.

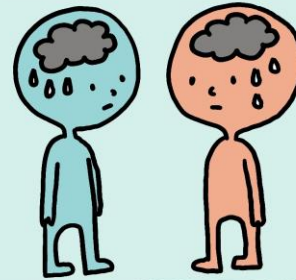


#EmpathyDay - Read stories. Build empathy. Make a better world.

What is Empathy?

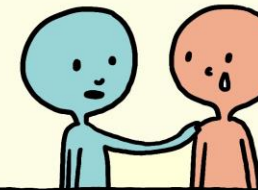
WHAT IS **EMPATHY?**

Empathy is the capacity to feel other people's feelings.



Empathy helps us understand and support each other better.

I can feel your pain and I'm here for you.



Feeling empathy is sometimes hard. It takes strength and courage to feel other people's feelings on top of your own.

That's a LOT of feelings!



In a way, we could say that empathy is a **SUPERPOWER** that makes the world a better place. Let's work on it!



Food for Thought

? ABOUT EMPATHY DAY

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

Read with feeling

#EMPATHY DAY
9 June 2020
empathylab.uk

Act with empathy

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.

USE YOUR EMPATHY SWITCH

Imagine you have an Empathy Switch in your head. Switch it on! Now, in your next conversation, focus on really connecting with what the other person is saying. Listen 100%.

ONLINE

EmpathyLab.uk
#ReadforEmpathy
#EmpathyDay
@EmpathyLabUK

WHAT IS EMPATHY, ANYWAY?

Empathy is imagining and sharing someone else's feelings

WHAT TO DO ON EMPATHY DAY

Read: Find and start an empathy-boosting book
Connect: Practice listening 100%
Act: Use your empathy skills to make a difference

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 peoples' emotions.

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

“Empathy is a tool for building people into groups, for allowing us to function as more than self-obsessed individuals.”
Neil Gaiman

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!

A WORLD WITH MORE EMPATHY

Empathy is a powerful human force. More empathy would mean happier children, stronger communities, a more civil society, a better world.

Why not have a look at some of the events & activities that are available online?

bit.ly/empathydaylive



EMPATHY DAY 9 JUNE 2020

Join in at: bit.ly/empathydaylive

9.30am to 12.30pm READ

- 9.30am Children's Laureate Cressida Cowell introduces Empathy Day
- 10am Special #DrawWithRob from Rob Biddulph
- 10.30am Empathy-themed Story Maker's Show from Puffin
- 11am Empathy Library Rhyme Time - join Kate Priestley from Kingston Libraries in a rhyme time highlighting the power of emotion
- 11.30am Sarah Crossan sets the Empathy Poetry challenge
- 12 noon **ALL TOGETHER:** Malorie Blackman leads as we put on Empathy Glasses and share #ReadForEmpathy ideas

1.30pm to 2.30pm CONNECT

- 1.30pm Authors Jo Cotterill and Robin Stevens show us the *Listening Switch* exercise for listening 100%
- 2pm Author Joseph Coelho leads *Empathy Charades* and families play at home

2.30pm to 3.30pm ACT

- 2.30pm Authors Onjali Rauf and Sita Brahmachari introduce 'putting empathy into action'
- 3.30pm **ALL TOGETHER:** make an Empathy Resolution poster to share on social media or put in your window

7.15pm

EVENING EVENT on FACEBOOK

- 7.15pm The *Empathy Conversation* with authors Cressida Cowell and Muhammad Khan, and psychologist Professor Robin Banerjee

Join in on social media ALL DAY using #EmpathyDay

Authors & Illustrators: Look out for recommendations, blogs and videos from the people behind your favourite books!

Everyone at home: Help us crowdsource #ReadForEmpathy empathy-boosting book recommendations

READING ALLOWS US TO SEE AND UNDERSTAND
THE WORLD THROUGH THE EYES OF OTHERS.
A GOOD BOOK IS AN EMPATHY ENGINE.

CHRIS RIDDELL
UK CHILDREN'S LAUREATE.



EMPATHY LISTENING SWITCH ACTIVITY



Try this activity @ Home

- Ask someone to think of something that happened recently that made them feel an emotion
- Show them the picture of the light switch and tell them to imagine they have an "empathy switch" in their heads. Switching it on will mean they will listen with empathy
- Ask them to tell you their story - you need to listen 100%! Check that you have understood how they felt. 'So you felt.....because..... ?
- Then swap and see if they can also turn on their listening switch and really listen to you.

Think what your
Empathy Resoution might
be then:

- Download this poster to
complete

or

- Make your own poster

or

- Tweet whatever you do
#EmpathyDay

Tag me @LeithLRC

TODAY IS EMPATHY DAY

Our Empathy Resolution is....





You can get extra information & ideas
at:

@ECR_Edinburgh

<https://www.empathylab.uk/>

@EmpathyLabUK

**#Readfor
Empathy**

**#Empathy
Day**