

Project Day: Empathy

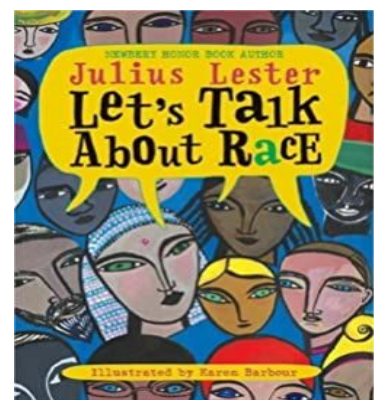
Part 1

Last week we were remembering what it was like when we went on a protest about climate change and how we want everyone to look after the planet better.

People around the world protest for lots of different things and reasons. Currently in the world, people are protesting about race. This is because they are upset about how some people are treated due to the colour of their skin and they want to make sure everyone is treated better and equally.



1. Listen and watch this story called [Let's Talk About Race](#) by Julius Lester



2. In the story Julius Lester tells his story about himself and his family. What is your story? Talk to someone about what your family story is. Think about: where do you and your family come from? What traditions do your family have? What do your parents do? What did your grandparents do?

3. In the book *Let's Talk About Race*, some people said they were better than other people because of the colour of their skin. How do you think someone might feel if they were told they weren't as good as another person because of the colour of their skin?

Part 2

We want to be kind and look after people if they are feeling sad. To make sure we can be kind to people, we have to have empathy. Watch this video to understand what empathy is: [Sesame Street: Mark Ruffalo: Empathy](#)

The Sesame Street video taught us about empathy which means thinking and understanding how someone else feels.

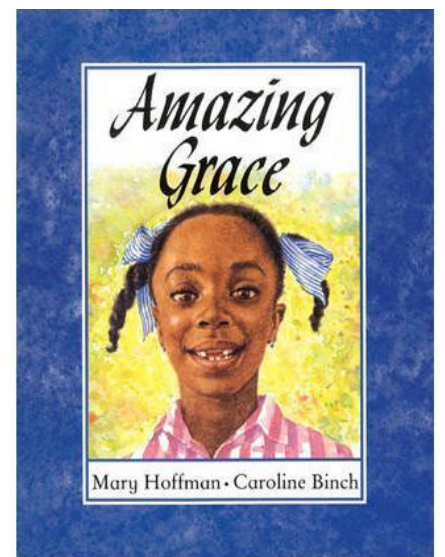
Part 3

Now you are going to listen to another story. Use your empathy skills to think about how the character, Grace, feels when someone tells her she can't do something because of the colour of her skin.

The story is called [Amazing Grace](#) by Mary Hoffman.

Think about:

How did the story make you feel?
How would you feel if your friends told you that you couldn't do something because of the colour of your skin?
What would you say to them?
What would you do if you were Grace?



[Download Glasses](#)

Make and decorate Empathy Glasses

This activity is for younger children but the whole family could join in.

Our Empathy Glasses help children focus on other peoples' points of view and imagine seeing things through a character's eyes.

You will need: paper coloured pens or pencils scissors (ask an adult to help)

Use our handy template, which you can download [here](#), or draw your own on a piece of paper to create a personalised pair of Empathy Glasses.

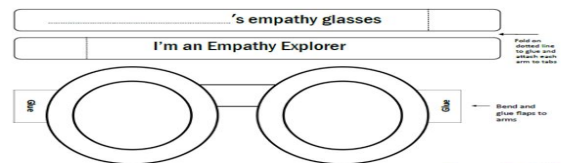
Tip! Be creative with your decoration. Why not try coloured paper, stickers or anything else you have at home to make a unique pair of Empathy Glasses.

Once you've decorated your glasses, ask an adult to **carefully cut them out**.

Next, fold the arms of the glasses, making sure they fit on your face.

Now put them on and have fun talking about how all the characters in your favourite books might see the world in different ways.

Draw glasses like these



On Empathy Day at midday, Malorie Blackman will be asking everyone to put on their Empathy Glasses and recommend their favourite #ReadForEmpathy book on social media. Get yours ready now!

Now you have made your empathy glasses, use these to help you see through Grace's eyes. Create her world and imagine what it would be like if you were her. What would it look like?

See the world through a character's eyes

Suitable for all ages – get creative!

Choose your favourite storybook character. You're going to make the world as they see it!

You will need: a shoe box or other small box some card or scrap paper
sticky tape or glue coloured pens or pencils

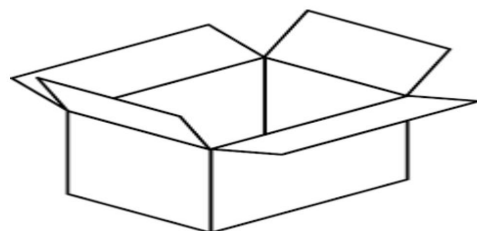
Use a cardboard box to **create a tiny 3D scene from a story**, just as you imagine your chosen character sees it.

Use pieces of card, or anything you have in your home to make miniature pieces of furniture. You can be really inventive!

Really think about your character's world. What would Matilda see when she visited Miss Honey's house for the first time? Or, what does the neighbourhood that Sephy and Callum from *Noughts and Crosses* see every day look like?

If you don't have a box, you can draw a picture of the scene or design it on a computer.

Can you make a character's world from a cardboard box?



Let us know what scene you've made and share a photo on social media
[@EmpathyLabUK](#) [#EmpathyDay](#)

Extension

It is important through our lives to show empathy to each other as it shows the other person that you care. It helps us to understand how others are feeling so we can respond appropriately to the situation.

If you see someone you know doing something that makes you feel understood. This means they are showing empathy. Over the week, to continue thinking about empathy and what it means and looks like with your family and friends, why not create a mosaic of empathy. See instructions below:

This is a group activity for the whole family.

Create a mosaic of empathy, recognising and celebrating empathy when it happens.

You will need: scrap paper coloured pencils or pens sticky tack or tape

Collect up some pieces of scrap paper, or coloured paper if you have it.

Every time someone in your family makes you feel understood, write a short note about it. This could be things like:

'Anna knew I was sad so she sat next to me'

'Mum could tell I needed time on my own'

'Ali saw I was feeling lonely so he let me join in with his game'

The only rule is that you have to write about someone else's empathy action, not your own!

Once you've created a few notes, stick them onto a big piece of paper, your fridge or even a wall. Make sure you have a grown-up's permission first!

Keep adding to it every time someone shows empathy. Soon you'll have a beautiful multi-coloured mosaic of empathy!

Create a colourful Empathy Mosaic



Share a picture of your mosaic on social media using **#EmpathyDay** and tagging **@EmpathyLabUK**