



Take the **EMPATHY** CHALLENGE

READ

Empathy Bookshelf

Which books deserve a space on our empathy bookshelves? Join in a mass sharing of ideas.
Share photos/videos

Empathy Characters

Empathising with characters is powerful. In pairs/groups, use our emotions guide to consider a character's feelings. What would you like to say to them?

Empathy Artists

Use our 500-word Empathy Shorts to spark creative work to imagine someone else's life experiences. Creative writing, poetry, artwork, drama...

CONNECT

Empathy Chat

Get to know someone better by having a good chat. Use our prompts to ease into a rich conversation

Empathy Reflections

People love feeling truly understood. Use our five point guide to practice key empathy skills - listening and reflecting back what you've heard

Empathy Emotions Map

Use leading illustrator's examples to make individual or group emotions maps, tracking changing feelings across a day. Great way to understand and share feelings

ACT

Empathy Superpower Glasses

Practice seeing through others' eyes. Decorate and don our superpower glasses, designed by a leading illustrator

Empathy Post

Use our illustrated cards to send a message of empathy to someone you know, maybe include an empathy reading recommendation just for them

Empathy Resolution

Become an empathy activist! Make a resolution to put empathy into action in your home or community. Use our special bunting!