

Optional home- learning for Kingfisher Class

This year Empathy day is Tuesday 9TH June 2020. To help us celebrate this important day I have given you some extra home- learning activities, that you can enjoy with your families. I would love to see some of your learning, so please attach your learning to a 2email on Purple mash. At the end of this document, is an Empathy day programme, that you may want to join in with. Don't feel you need to do all activities but do the activities that interest you as a family.

From Miss Brown 😊

What is empathy?

Empathy has been described as a human superpower. **It's our ability to understand and share someone else's feelings.**

Empathy is made up of three main elements: **feeling, thinking and acting.**

Why it matters

Empathy is an essential life skill for all of us.

More empathy in our world will create happier children and stronger communities. A better world.

How to build it

We're not born with a fixed amount of empathy – it's a skill we can learn.



Family Activities

Family Activity: READ



Meet your favourite character

The whole family can take part in this activity.

Choose your favourite storybook character. You're about to meet them!

You will need: a piece of paper a pen or pencil imagination!

Walk into a room and close your eyes.

As you open them, **imagine your favourite character is standing there.** They tell you it's their birthday!

Tell someone you live with who the character is and what you would give them as a birthday present.

Next, imagine you're making them their favourite birthday treat. **What would you give them to eat?**

Now draw a fridge with an open door, with shelves full of their favourite foods. Ask your whole family to join in with ideas!

What's inside your character's fridge?



We'd love to see your drawings! Ask a grown-up to share a picture on social media @EmpathyLabUK #EmpathyDay

Family Activities

Family Activity: READ



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
sticky tape or glue

some card or scrap paper
coloured pens or pencils

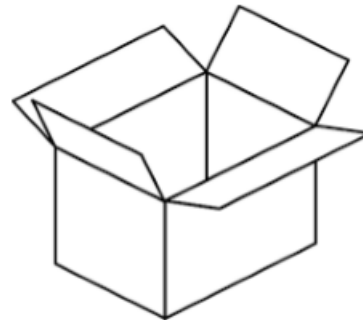
Use a cardboard box to **create a tiny 3D scene from a story**, just as you imagine your chosen character sees it.

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

Family Activities

Family Activity: READ



Top Ten Empathy Books

The whole family can take part in this activity.

There are so many books which are brilliant for boosting empathy. Why not develop a list of your Top Ten Empathy Books?

You will need: your book ideas a piece of paper a pen or pencil

Gather everyone in your family together **and talk about how reading can create feelings of empathy.**

Think about how authors help you understand feelings by making you see things through the eyes of different characters.

Next **ask everyone in the family to suggest a book** for your list of the best empathy reads.

Any book can be included and you could widen this to your extended family and friends.

Why not draw up your list as a poster? Or you could even record a video counting down the Top Ten and explaining why you picked each book.

A Country to Call Home

Ravi's Roar

We'll be asking for your Top Ten #ReadForEmpathy recommendations on Empathy Day! @EmpathyLabUK

Family Activity: READ



Character Pairs

Older and younger siblings, or the whole family can play this game together.

What would happen if characters from different books met? This is where you find out!

You will need: a selection of books

Pick two books and choose a character from each.

Think about the two characters and answer these questions:

- What would they think of each other?
- What would they say to each other?
- How might they show empathy to each other?

Keep playing with new books and characters!

It's more fun if you play with very different characters. For instance, you could try introducing a character from a picture book to a character from a book for young adults. You might end up with some funny pairings!

Hello, I'm Odd Dog

Hi, I'm the
BFG

Family Activity: READ



Empathy Awards

The whole family can take part in this activity.

Roll out the red carpet for the Empathy Awards! See if your family can agree which book character shows the most empathy.

You will need: ideas of storybook characters

Think about what it means to be empathetic. Of all the book characters you can think of, which shows the most empathy?

Get everyone in your family to think of their own nominee, and then you can debate who should be the overall winner.

If you want to have lots of fun with this activity, you could **create a mini awards ceremony or certificates** for the winners!

Who would you give the Empathy Award to?



Family Activity: CONNECT



Using art to talk about feelings

This is a group activity for the whole family.

When we look and listen carefully, we learn so much about other people.

You will need: a listening ear lots of imagination!

Gather a few family members and look at this picture together.

Next, ask each person to tell the group what they think is happening in the picture.

Listen very carefully without interrupting or making any judgements.

Did everyone have the same ideas, or were there different views?

Now **ask each family member to imagine they are one of the characters in the painting.**



Thomas Benjamin Kennington

One-by-one, **tell the group what your life is like and about your hopes and dreams.**

You could even write a short conversation between the characters as if it were a play, and then act it out.

Feeling emotions through music

This is a group activity for the whole family.

Music is really powerful and can be full of emotions. Listening together will help children think about their feelings and share them.

You will need: a piece of paper a pen or pencil a song or piece of music

Play a piece of music and listen really carefully.

While you're listening, **draw a picture of how the music makes you feel.**

Swap your drawings with each other.

Did you end up with the same picture? If not, **talk about why you think that is.**

Try it again with a different type of music. Why not listen to some pop, jazz, electric or even film music?

How does different music make you feel?



We'd love to see your drawings! Share them on social media using **#EmpathyDay** and tagging **@EmpathyLabUK**

Empathy Mosaic

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](#)

Make an Empathy Resolution

This is a group activity for the whole family.

How can we put empathy into action?

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

On Empathy Day, we'll ask everyone to make and share an Empathy Resolution. This is what you're going to do to make sure you act with more empathy and make the world a better place.

Why not come up with something as a family? Once you've agreed on something, **design a poster with the resolution on it.**

Take a big piece of paper and write the heading 'Today is Empathy Day. Our Empathy Resolution is...' at the top.

Now decorate your poster in any way you like, but make sure to include the action you're going to take!

Empathy Resolution Ideas:

Listening harder and not interrupting

Asking friends and family how they are feeling

Finding out what my neighbours need

Helping our local food banks

Once you've finished, **put your poster in your window so other people can see it!**

On Empathy Day, watch authors talking about their own Empathy Resolutions and share your poster on social media using **#EmpathyDay @EmpathyLabUK**

Empathy Day Programme



Join us on 9 June

If you enjoyed the activities in this pack, you'll love **Empathy Day!**

On 9 June, we're hosting a day of brilliant activities and online events to boost your empathy. We'll be joined by favourite children's authors and illustrators including **Malorie Blackman, Cressida Cowell and Rob Biddulph.**

You'll find more about how to take part with each activity on our website www.empathylab.uk

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 about emotion
- 11.30am Sarah Crossan sets the Empathy Poetry Challenge
- 12 noon **ALL TOGETHER:** Malorie Blackman leads putting on Empathy Glasses and sharing #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 TWITTER

- 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

@EmpathyLabUK



www.empathylab.uk

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