



EMPATHY DAY

9 JUNE 2020

WHAT IS EMPATHY DAY?

If ever we needed more empathy, it's now. We know that when children read, they better understand other people's feelings and perspectives. These empathy skills are vital for kids now, and when they grow up.

On **9 June**, EmpathyLab will host a day of online events and home-based celebrations, led by favourite children's authors and illustrators. Libraries and schools will also be getting involved, offering lots of empathy-boosting activities.

We want families to learn what empathy is, why it is important, and how to put it into action.

You can follow along on social media, and find out how to join in on our website www.empathylab.uk

COUNTDOWN TO EMPATHY DAY

From 26 May, we're counting down to Empathy Day with a fortnight of exciting activities:

- A brand-new **Family Activity Pack**
- **Activities for teachers** to use in their home learning provision
- **Public library activities:** rhyme times, family activities and storytimes
- An author blog tour
- An Illustration Gallery
- **Empathy Shorts** — new empathy building stories from brilliant children's writers

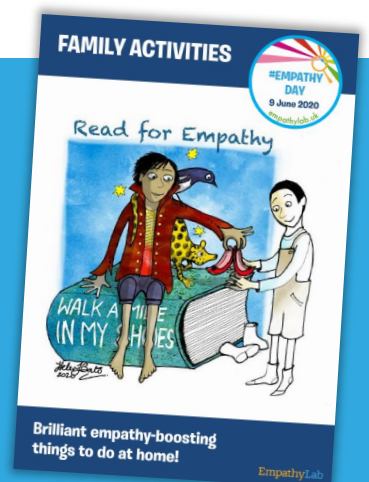
FAMILY ACTIVITY PACK

This year, we're launching our first ever **Family Pack**. A collection of 14 activities to do together at home as part of our Countdown Fortnight to Empathy Day.

The pack is full of great ideas to get kids writing, drawing, crafting, listening and reading, all whilst developing essential empathy skills. All they need is a pen and paper!

Families can download the family pack from 18 May at www.empathylab.uk

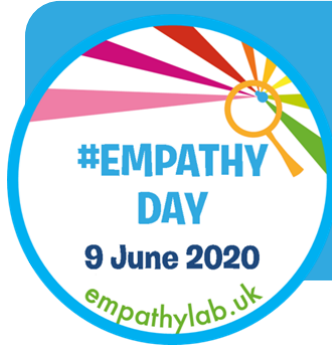
We are also providing libraries and teachers with their own special packs.



Follow us on social media @EmpathyLabUk



#ReadForEmpathy



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#EMPATHYDAY PLANS ON 9 JUNE

On 9 June, we'll be celebrating the power of empathy with a day full of events online and activities to do at home, led by incredible children's authors and illustrators! Schools and libraries across the country will also be offering a wide range of engagement opportunities.

Our programme of events is perfect for children, families and anyone who wants to learn more about understanding other people's feelings and perspectives.

It's really easy to take part! Head to our website to find out more: www.empathylab.uk

9.30am to 12.30pm READ

- 9.30am Children's Laureate Cressida Cowell introduces Empathy Day
- 10am Final #ReadForEmpathy illustration reveal and draw-along with Rob Biddulph
- 10.30am Empathy-themed Story Maker's Show from Puffin
- 11am Empathy Rhyme Time, from a library service
- 12 noon **ALL TOGETHER:** Malorie Blackman leads as we put on Empathy Glasses and share #ReadForEmpathy ideas and illustrations

1.30pm to 2.30pm CONNECT

- 1.30pm Author Jo Cotterill shows us the *Listening Switch* exercise for listening 100%
- 2pm Author Joseph Coelho leads *Empathy Charades* and families play at home
- 2.30pm **ALL TOGETHER:** send Empathy E-Cards

2.30pm to 3.30pm ACT

- 2.30pm Author Onjali Rauf introduces 'putting empathy into action'
- 3.30pm **ALL TOGETHER:** make an Empathy Resolution poster to share on social media or 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 #ReadForEmpathy

- 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

@EmpathyLabUK



www.empathylab.uk