



What is empathy?

Empathy is our ability to understand another person and feel their emotions. It's a force for change because it makes us want to help people.

Empathy Day helps us understand each other better by using books to step into someone else's shoes. When you read, your brain reacts as it would to real life events. This makes books the perfect empathy boosting vehicle. Train your brain with stories!

Try looking at these to help you think about Empathy:

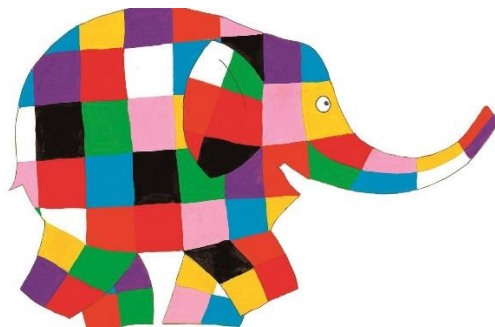
[Elmer's birthday](https://www.youtube.com/watch?v=cITgSbPU9ec) <https://www.youtube.com/watch?v=cITgSbPU9ec>

For children in class 3-6 have look at

<https://www.puffinschools.co.uk/resources/ks2-resource-pack-empathy-day-2019/>

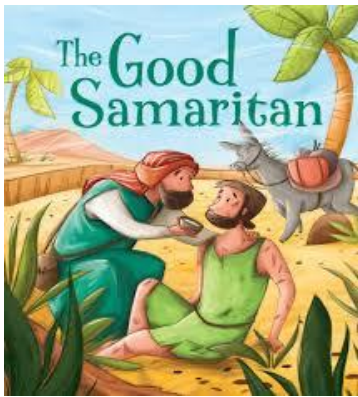
Also look at <https://www.empathylab.uk/> for lots of other resources and activities.

In school we looked at Elmer's birthday. Take a look at Elmer's birthday and see if you can work out how Elmer is feeling on each page. How would you react to everyone forgetting your birthday?



We also thought about stories in the bible where Jesus shows empathy.

Do you know these stories?



Can you work out how who is showing empathy in these stories?

How are these stories helping us to be empathetic?

Today train your brain with some reading to develop a deeper understanding of EMPATHY.

Dear God,

Thank you for the life of Jesus.

Thank you for the bible and the example of Jesus to follow to help us understand and act on empathy,

AMEN.



Together we can make a difference