



How to...



Put on empathy glasses

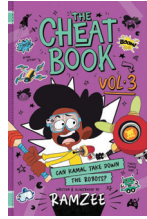


Jump into someone else's story this June.

The Empathy Day Festival takes place from 4 to 11 June this year. Empathy is the ability to imagine, understand and share someone else's feelings and perspectives. It's a superpower that allows people to connect, help others and feel good themselves.

You can get involved in the Empathy Day Festival in schools, libraries, bookshops or at home. Ask an adult to sign up at empathylab.uk to access videos and activities from children's authors and illustrators. Reading boosts empathy. By jumping into someone else's story, you can see things from their point of view.

Try this empathy-boosting activity. Author and illustrator RAMZEE, who wrote the *Cheat Book* series, has made Empathy Superpower Glasses.



Pupils of Moorlands Primary Academy.

Instructions

- 1 Cut out the glasses with scissors. If you want more than one pair, photocopy or trace the design.
- 2 Decorate your glasses any way you want. You can use felt-tip pens, pencils or crayons, paint them or make a collage by sticking on cut-out paper. Add glitter and feathers if you like.
- 3 Put on your glasses and use them as a reminder that you have the ability to see things from other people's point of view. Ask yourself, "How would I feel if I was in this situation?" or "What would I do if this happened to me?"



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