

Family Activities

Family Activity: ACT



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**