

# Wellness Week

## WELCOME TO DAY 2

### National Empathy Day

Today our Wellness focus is linked to National Empathy Day. 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.

#### What can I do on Empathy Day?

**READ** - find and start an empathy boosting book

**CONNECT** - practice listening 100%

**ACT** - use your empathy skills to make a difference

#### Oxford Owl Free eBooks Library

Oxford Owl provides a wide range of free e-books on a range of topics and at a range of reading levels. eBooks are tablet-friendly. Just register or log in above to start reading.

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page>

“Books are a uniquely portable magic”

Stephen King



### #EMPATHY DAY – EMPATHYLAB.UK

Empathy Lab is promoting the importance of reading at home to boost empathy. They have devised a range of activities and live events that will be running throughout today.

To access their resource pack which has a range of activities, worksheets, links to information and a timetable of some of the live events, just click and open the embedded document below:



#### Family Activity Pack\_Countdown to

You can find out more and access the full range of detail here: <https://www.empathylib.uk/>

