

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

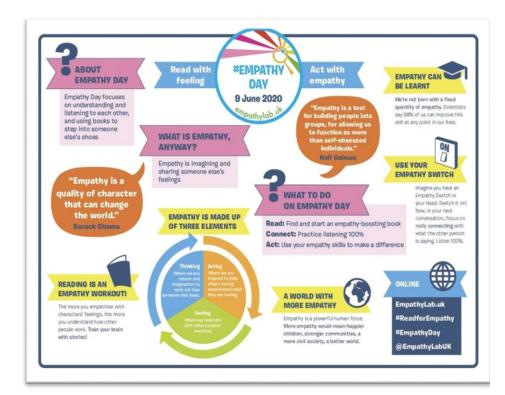
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#EMPATHY DAY - EMPATHYLAB.UK

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.empathylab.uk/

