



**STUDENT  
EMPATHY  
WEEK  
WORKBOOK**

# EMPATHY WEEK INTRODUCTION

Covid-19 continues to disrupt our world like we could never have imagined. For me, as an educator and filmmaker, it has meant a restriction on doing what I love - being with and surrounded by people.

However, the resolve and adaptability of human beings to take on any challenge has been shown right across the world. It certainly gives me hope for a better future.

The 5 films of Empathy Week this year focus on remarkable individuals - Shu, Huss, Pete, Natasha and Habib. Each with their own important story of resilience showing you that no matter how hard life gets, you can ask for help and you can overcome the greatest of odds.

Empathy is a difficult concept, one which I hope you will learn a lot about through taking part in this year's Empathy Week and through the Empathy Action Project.

It is not about being kind, it is not about agreeing with everyone, nor is it about having the answers to people's problems. Empathy is about creating a space for others to express who they are and having a chance to be understood.

If we can understand the world and others around us, that is when we can truly have the greatest impact on our world - that is when we can make the difference to the issues we care about.

Empathy is a skill, it is a choice and it takes energy and effort. It is not easy but by taking part in an Empathy Action Project you can truly impact your school, local community and even the world. I believe in you.

I believe in the impact you can make because I started Empathy Week 2 years ago as an idea. Now thousands of students across 40+ countries and 6 continents take part.

Do not doubt your ideas. Believe in your passion and purpose and make change happen, even if it's just with the people around you in your classroom.

The world needs you to believe you can make the world a better place because you can!

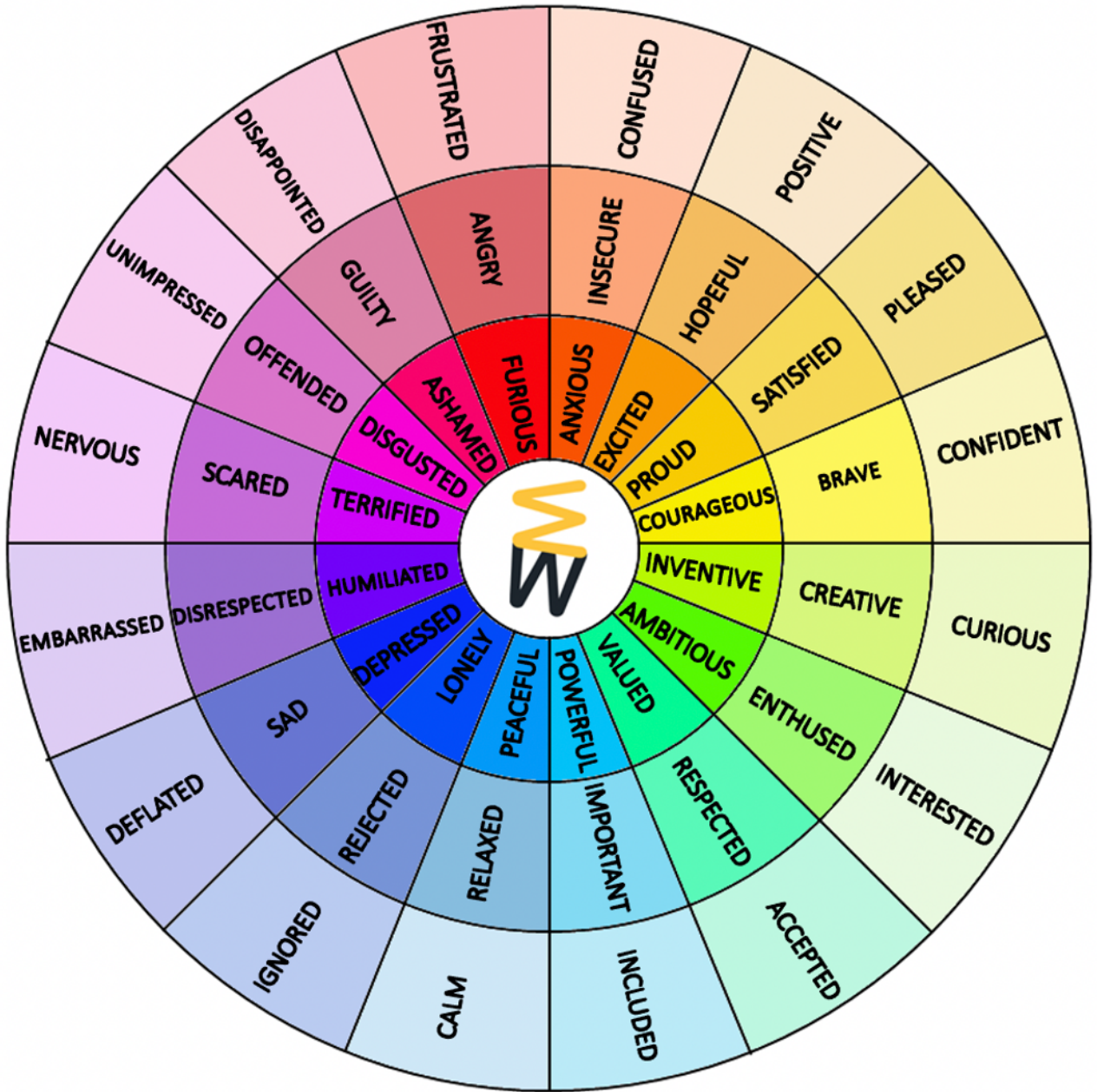
I look forward to seeing and supporting all that you will achieve,



**Ed Kirwan**  
**CEO & Founder Empathy Week**



# FEELINGS WHEEL



# DAY 1 - SHU'S STORY

## Feelings Check-in (before the film):

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## Feelings Check-in (after the film):

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## Reflections on what you have seen:

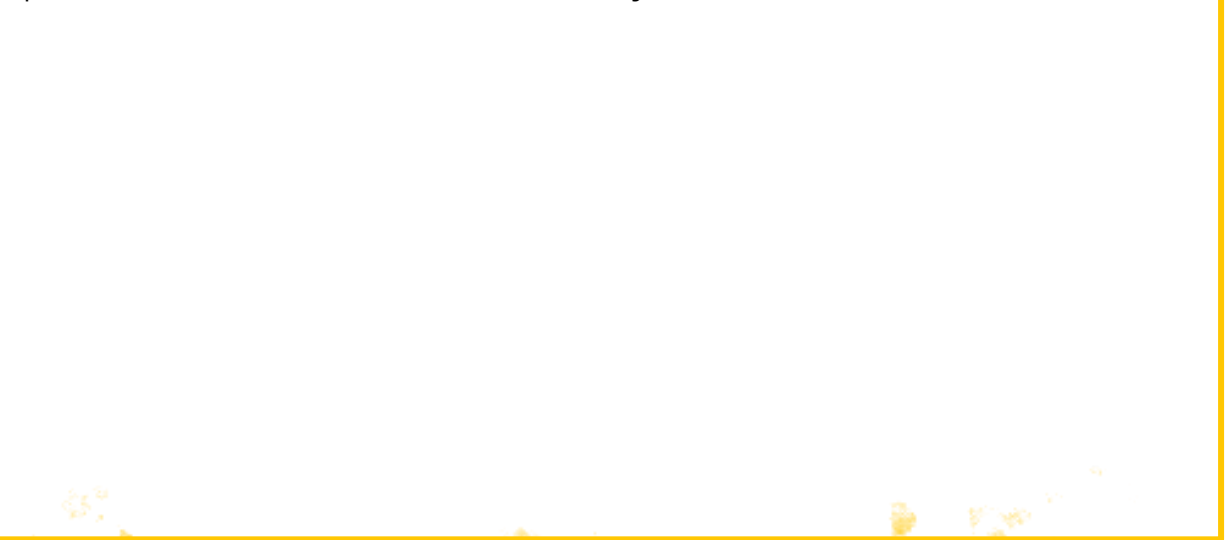
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## Empathy Action Project: What now?

How has today inspired you to take action on something you care about? Use this space to brainstorm, draw, write whatever you want:



## Takeaway thought

What's been the key learning or lesson from today for you?

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# DAY 2 - HUSSEIN'S STORY

## Feelings Check-in (before the film):

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## Feelings Check-in (after the film):

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## Reflections on what you have seen:

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## Empathy Action Project: What now?

How has today inspired you to take action on something you care about? Use this space to brainstorm, draw, write whatever you want:



## Takeaway thought

What's been the key learning or lesson from today for you?

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# DAY 3 - PETE'S STORY

## Feelings Check-in (before the film):

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## Feelings Check-in (after the film):

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## Reflections on what you have seen:

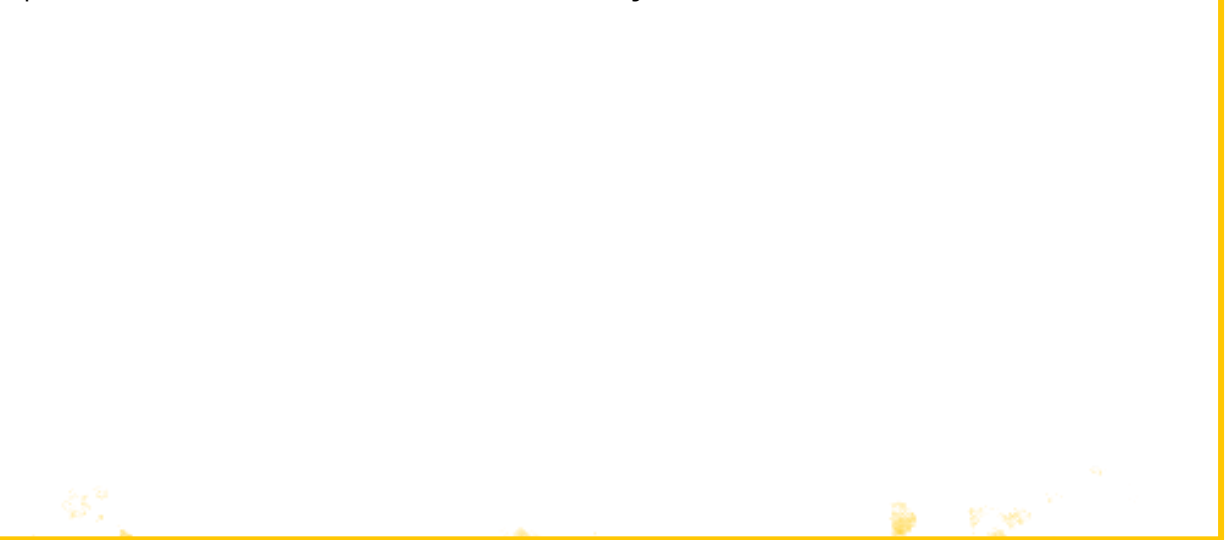
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## Empathy Action Project: What now?

How has today inspired you to take action on something you care about? Use this space to brainstorm, draw, write whatever you want:



## Takeaway thought

What's been the key learning or lesson from today for you?

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# DAY 4 - NATASHA'S STORY

## Feelings Check-in (before the film):

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## Feelings Check-in (after the film):

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## Reflections on what you have seen:

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## Empathy Action Project: What now?

How has today inspired you to take action on something you care about? Use this space to brainstorm, draw, write whatever you want:



## Takeaway thought

What's been the key learning or lesson from today for you?

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# DAY 5 - HABIB'S STORY

## Feelings Check-in (before the film):

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## Feelings Check-in (after the film):

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## Reflections on what you have seen:

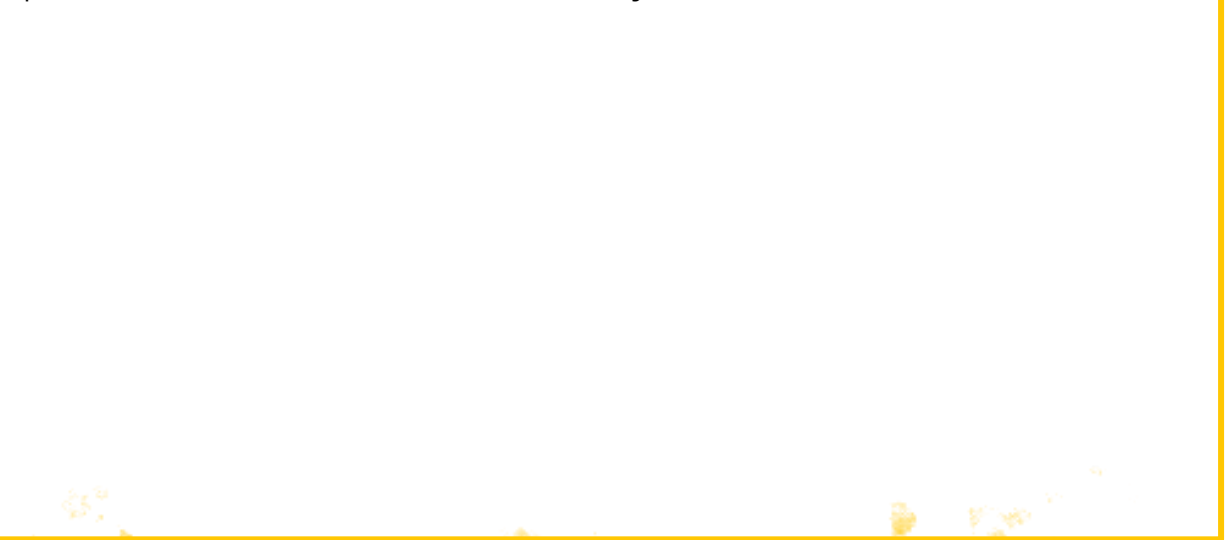
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## Empathy Action Project: What now?

How has today inspired you to take action on something you care about? Use this space to brainstorm, draw, write whatever you want:



## Takeaway thought

What's been the key learning or lesson from today for you?

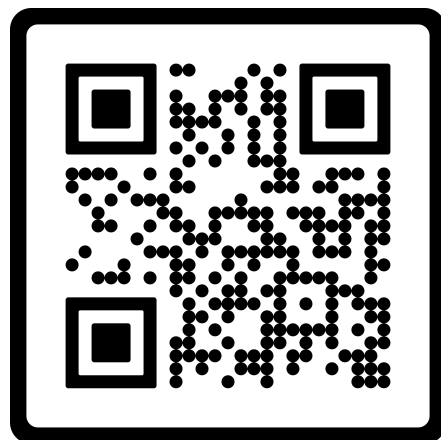
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# HELP AND SUPPORT

If you have been effected by any of the themes in this years Empathy Week you are not to feel alone. Please speak to a teacher, parent or a trusted adult.

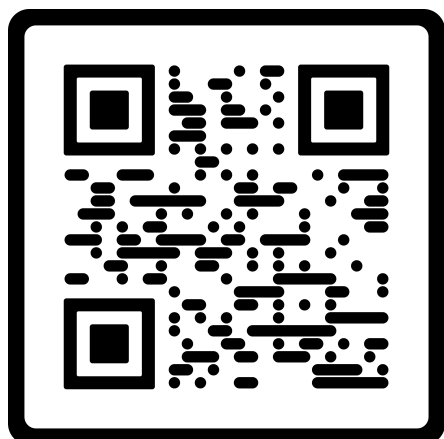
If you do not feel you can speak to anyone you know then you can find support through the links on our website,



**OR VISIT**

**[WWW.EMPATHY-WEEK.COM/HELPANDSUPPORT](http://WWW.EMPATHY-WEEK.COM/HELPANDSUPPORT)**

# THE EMPATHY WALL



You can ask a teacher or adult to upload your work to our virtual Empathy Wall and also see other students work from across the world!

**OR VISIT**

**[WWW.EMPATHY-WEEK.COM/EMPATHYWALL](http://WWW.EMPATHY-WEEK.COM/EMPATHYWALL)**



**YOU ARE  
PART OF THE  
EMPATHY  
GENERATION**

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