



# Empathy Day special issue

From **LIBRARY TIMES** 

Compiled by Mrs Giles, May 2020

## The Library launches 'Thoughts on Lockdown 2020 Testimonial' project

When the country went into lockdown on Monday 23<sup>rd</sup> March, nobody knew just how long it would last or how it would affect our daily lives and our states of mind. At the time of writing (20<sup>th</sup> May), the UK death rate from Covid-19 stood at 35,341 deaths with 545 in one day alone – we have all been touched by this crisis – and to help stop the spread of infection we were given a common mission: stay home, protect the NHS, save lives.

The Library is launching a new project to create a book of testimonials from staff and students called 'Thoughts on Lockdown 2020 Testimonial' as part of Empathy Day 2020. Once collated, it will be accessible via the school website and in print form in the Library.

We are asking you to write down your thoughts and experiences during the lockdown. How has it affected you? What have been the negative points? Have there been any positives? Is there anything you would continue to do once the lockdown is lifted? What do you think about the experience of homeschooling? If you are a member of staff, how has working from home affected you and

your family life? If you are a Year 11 or Year 13, how do you feel about not having sat your GCSEs or A-Levels and what are your thoughts for your future?

You can write as much or as little as you would like. If you prefer to remain anonymous, your entry will be credited to Teacher, Support Staff or Student.

Bear witness to the pandemic and help us create a snapshot of the Covid-19 crisis and a slice of local history for future generations.

**Deadline for submissions  
October 2020 half term**

**Submit to Google Classroom: [fkwbm4w](#)**

**Or email directly to [st-sue.giles@whsg.info](mailto:st-sue.giles@whsg.info)**

**#EMPATHY DAY**  
9 June 2020  
empathylab.uk

**ABOUT EMPATHY DAY**  
Empathy Day focuses on understanding and listening to each other, and using books to step into someone else's shoes

**Read with feeling**

**Act with empathy**

**EMPATHY CAN BE LEARNT**  
We're not born with a fixed quantity of empathy. Scientists say 98% of us can improve this skill at any point in our lives.

**USE YOUR EMPATHY SWITCH**  
Imagine you have an Empathy Switch in your head. Switch it on! Now, in your next conversation, focus on really connecting with what the other person is saying. Listen 100%.

**WHAT IS EMPATHY, ANYWAY?**  
Empathy is imagining and sharing someone else's feelings

**“Empathy is a quality of character that can change the world.”**  
Barack Obama

**WHAT TO 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

**EMPATHY IS MADE UP OF THREE ELEMENTS**

- Thinking** Where we use reason and imagination to work out how someone else feels.
- Acting** Where we are inspired to help others having experienced what they are feeling.
- Feeling** Where we resonate with other people's emotions.

**READING IS AN EMPATHY WORKOUT!**  
The more you empathise with characters' feelings, the more you understand how other people work. Train your brain with stories!

**A WORLD WITH MORE EMPATHY**  
Empathy is a powerful human force. More empathy would mean happier children, stronger communities, a more civil society, a better world.

**ONLINE**  
EmpathyLab.uk  
#ReadforEmpathy  
#EmpathyDay  
@EmpathyLabUK

**“Empathy is a tool for building people into groups, for allowing us to function as more than self-obsessed individuals.”**  
Neil Gaiman

## Never has the ability to empathise been more important

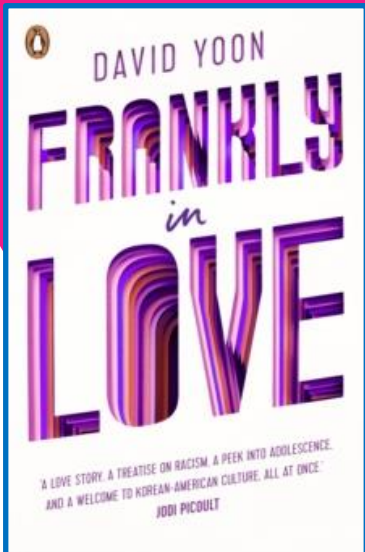
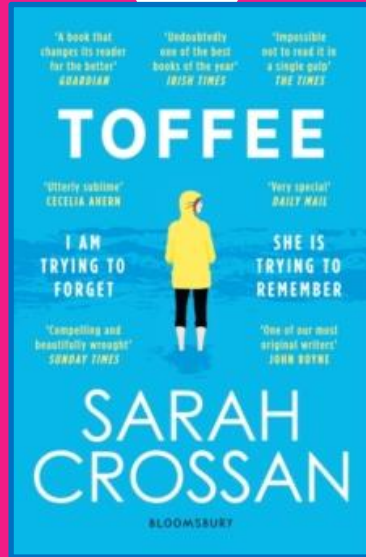
Last year in school we focussed on the idea ‘walk in their shoes’ for our display to help you empathise with the plight of the world’s refugees through reading.

This year, because of the coronavirus and the hour-by-hour updates on the news and social media, we are bombarded with photos of NHS staff working long hours, looking after the sick, taking the strain of the pandemic. We are asked to clap for the NHS every Thursday evening to show our appreciation for our NHS and keyworkers.

Little can we imagine the horrors our medical staff are experiencing on what has come to be called ‘the frontline’. But, through reading we can draw on other sources such as Lyn MacDonald’s ‘The Roses Of No Man’s Land’ (eyewitness accounts from nurses in WW1), ‘Edith Cavell’ by Diana Souhami and Vera Brittain’s ‘Testament of Youth’ (both nurses on the frontlines in WW1). For more recent

experiences, you might also read Christie Watson’s ‘The Language of Kindness: A Nurse’s Story’ or Adam Kay’s ‘This Is Going To Hurt’.





# #blackauthorsmatter

The death of George Floyd on 25<sup>th</sup> May due to a white policeman's actions has caused a huge amount of protest against institutionalised racism all around the world, but for many people racism, prejudice and discrimination is a feature of their daily life. Now, more than ever we have a duty to 'walk a mile in their shoes', to read and educate ourselves about other people's lives and experiences and so with education and understanding we can move towards a more tolerant and accepting society. Here are a few iconic resources for you to consider reading.

