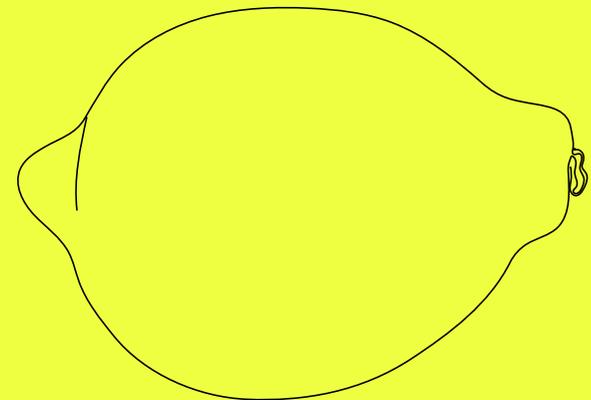


CAMPAIGN FOR EMPATHY ACTIVITY KIT I

Created by Enni-Kukka Tuomala
Kettle's Yard Open House
Artist in Residence 2020-21



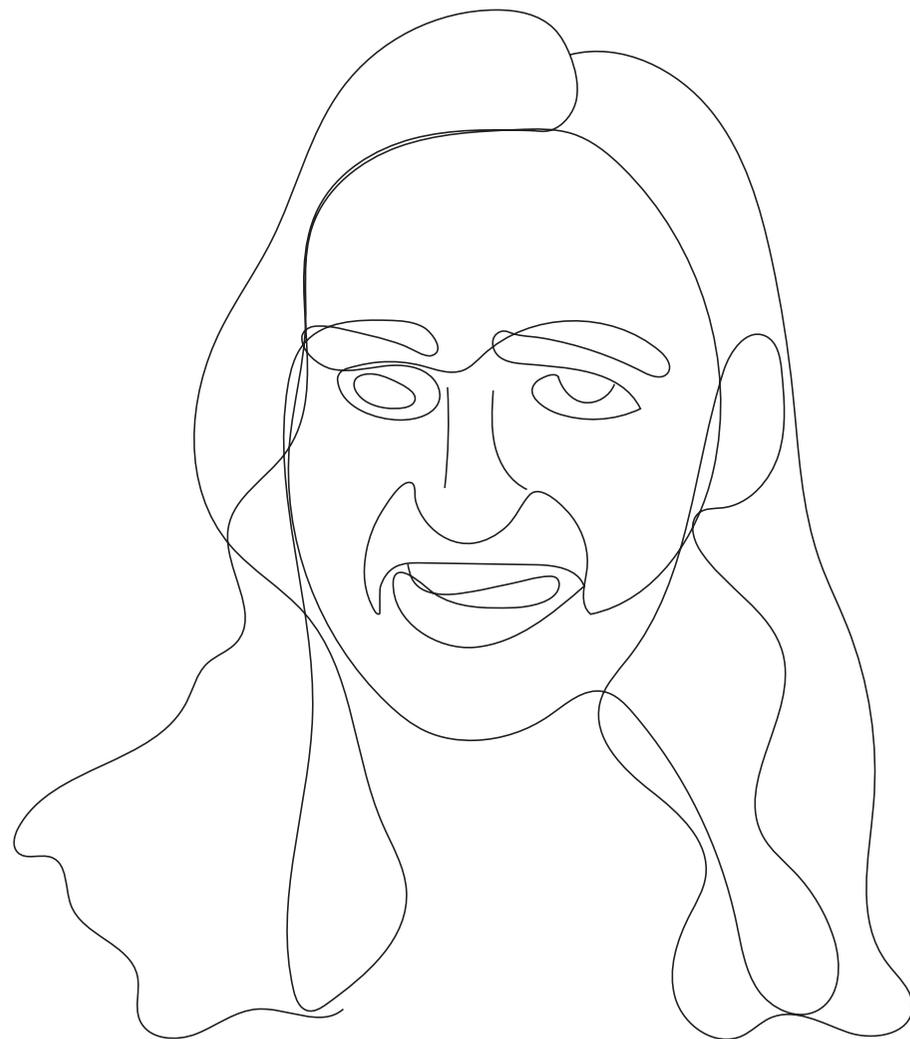
HELLO!

My name is Enni and I am an empathy artist.
It's nice to meet you. Welcome to the Empathy Activity Kit!

This is the first activity kit I've created as a part of my project "Campaign for Empathy" and residency with Kettle's Yard Open House in North Cambridge. This kit is aimed at children of primary school age, but the activities are relevant to people of all ages so please have a go. I hope you have fun with it!

My artworks are about empathy. Have you heard that word before? Do you already know what it means? Great if you do. And if not, please don't worry. All the activities in this kit are designed for you to learn more about empathy through creativity and imagination, by making, playing and creating. You can do the activities in any order.

I'd love to see your finished empathy artworks. Please share them on social media using #campaignforempathy and keep an eye out for more activities to come...



LET'S START!

What you'll need:

tape

a safety pin

a pair of scissors

a pencil or pen for writing

some colourful pens or crayons for drawing

a few sheets of paper (use what you have)

your imagination

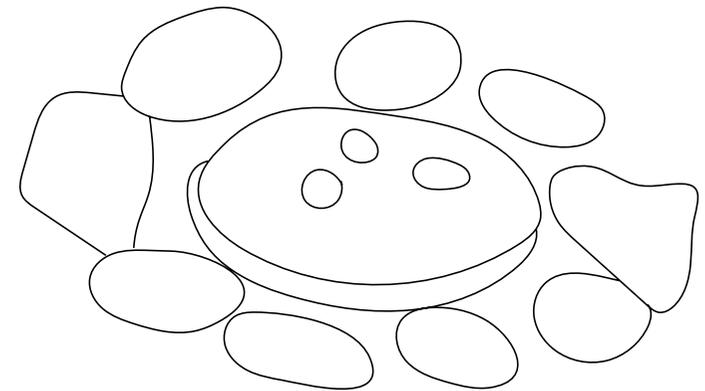
Extras (not essential):

a bit of glue

a paper plate or an old cereal box

a phone or camera to capture your artworks

a printer to print the kit in A4 B&W (you can also use the kit as a guide on your screen and draw your own templates)

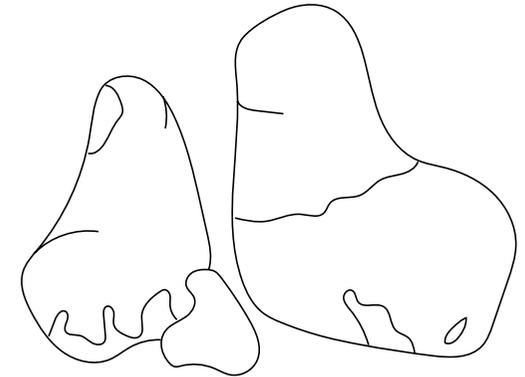


EMPATHY?

What is empathy? You might ask.
Empathy is actually quite simple.
It's about understanding and sharing
what someone else is thinking or feeling.
Here are a few examples...

Have you ever been with a friend on their birthday and they felt really happy and excited that it was their birthday, and you get really happy and excited too even though it's not your birthday.

That's empathy.



Or have you ever felt sad with a friend just because they were sad? If for example they lost their favourite toy and they felt really sad about it, so you felt sad too even though you didn't lose your toy.

That's empathy too.

What does empathy mean to you?
When have you experienced empathy?

01. Your Empathy Badge

An important part of feeling empathy for someone else, is to be able to identify, understand and share your own feelings.

This first activity is about making a tool - your own Empathy Badge - for you to be able to share what you are feeling. Whether you feel happy, or excited, or sad, or scared, or you just miss your friend, it's helpful to be able to know how you feel and tell others about it. There are no good or bad feelings, they are all just feelings.

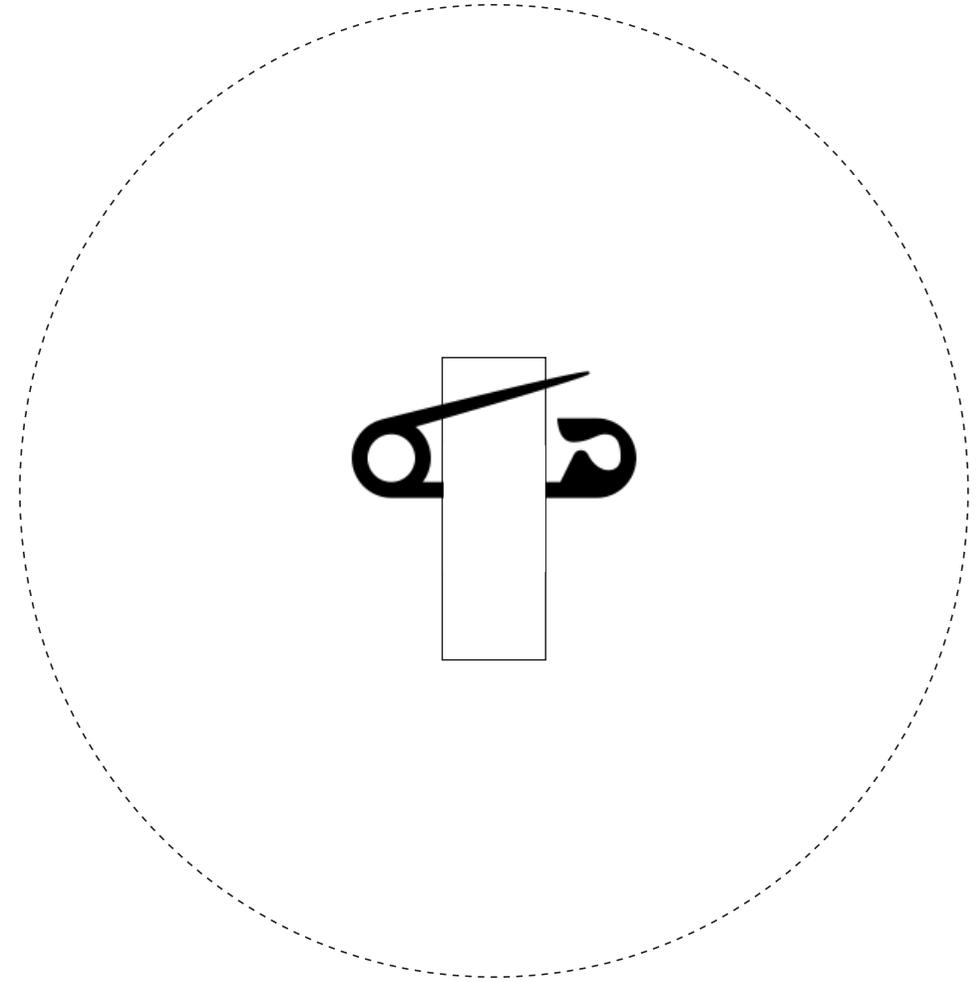
And sometimes if you happen to feel blue, which we all do from time to time, if you say "I feel blue", then maybe you won't feel as blue anymore. And similarly, if you feel excited, if you say "I feel excited", then maybe you will feel even more excited by sharing it with others.



01. Your Empathy Badge

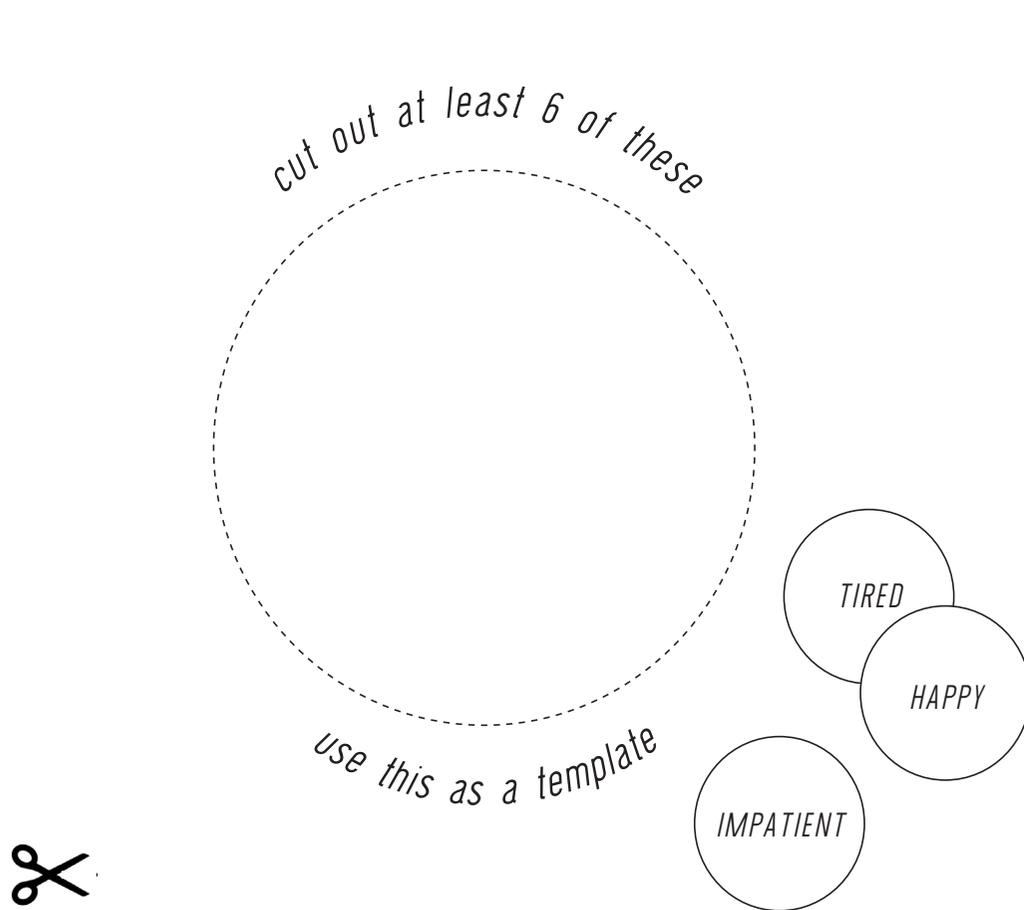


Step 1. First, you need to make your Empathy Badge. You can cut it out here, or if you have a paper plate or an old cereal box, they make a great badge too. Make it any size you want. Use a mug or jam jar as a template, but don't worry if it's not a perfect circle - it's your design.

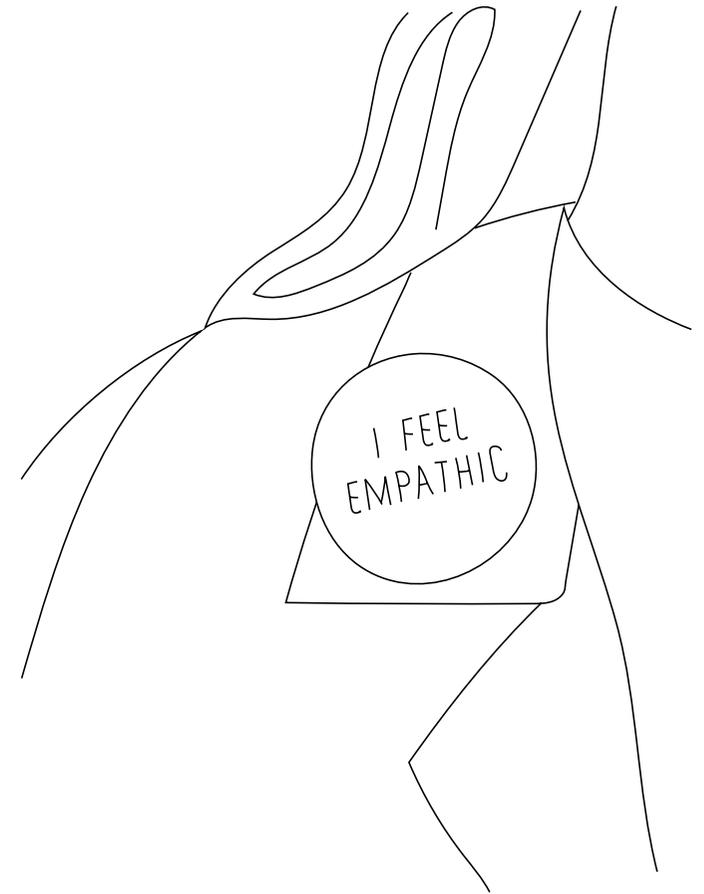


Step 2. Make sure to decorate it with your favourite colours. Then attach a safety pin to the middle of your badge at the back with tape so you can pin it to your jumper. Do this part carefully, you might want someone to help you with this.

01. Your Empathy Badge



Step 3. Cut out at least 6 other circles of paper. They should be smaller than your badge so they fit inside it (use your badge to measure the right size). Then write all the different feelings you know and have felt before inside the circles. There are a few examples above.



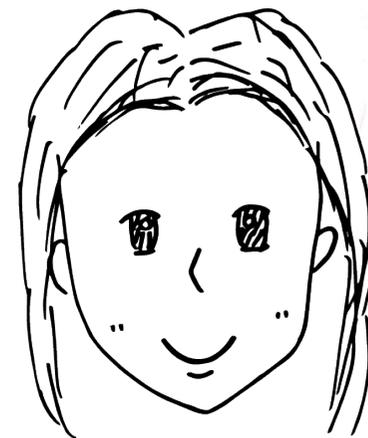
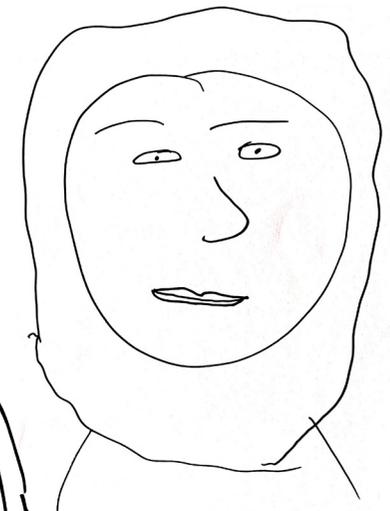
Step 4. Finally, you need to choose the feeling you are feeling right now, and attach that circle in the middle of your badge with tape to tell others how you feel. Press the tape gently so you can peel it off to change your feeling. Your Empathy Badge is complete! Wear it proudly.

02. A drawing experiment

Now I invite you to do a little drawing experiment to continue to express your feelings, and to learn to read the feelings of others.

Step 1. Draw a self-portrait. Many well-known artists have also drawn or painted themselves at different points in their lives. It's a great way to examine your own face and your own feelings. Use a mirror for help. How could you draw how you feel? There are some lovely self-portraits in the Kettle's Yard collections too, like Christopher Wood's "Self-portrait" (1927) and Henri Gaudier-Brzeska's "Self-portrait with a pipe" (1913). You can see them and more here: tinyurl.com/yc9jz3yv for inspiration.

Step 2. Invite someone you trust to join you for this part. You can do this in person, or even via video call. Sit down opposite each other and draw each other. Pay close attention to their eyes and their mouth. What does their expression tell you? How are they feeling? Can you include that in your drawing?

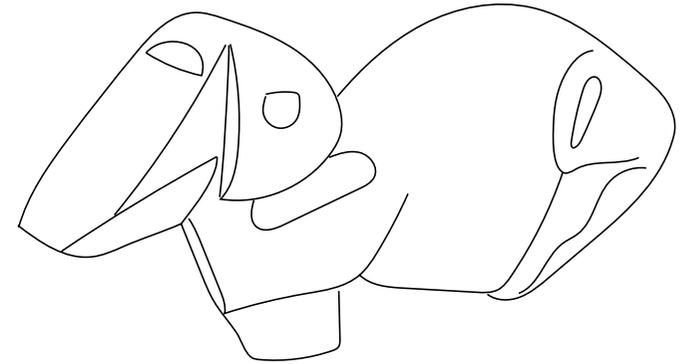


EMPATHY!

So far you've completed activities focusing on your own feelings, and the feelings of others. Empathy is also seeing the world through someone else's eyes. Here's another example...

When you walk in the park and see many dogs, if you happen to love dogs it will make you feel happy. You might be very pleased to see them and say hello.

Now imagine if you are afraid of dogs. Then walking in the same park and seeing all those same dogs might make you feel anxious or scared, and you might want to run away from the dogs.



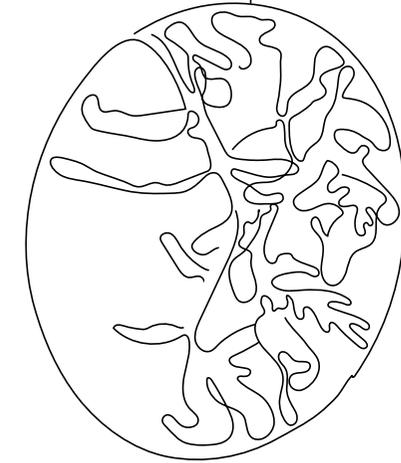
Can you see how the same place and the same situation can make two people feel very differently? If you saw the park through the eyes of a friend who is afraid of dogs, you would see it very differently to how you're used to seeing. You would also feel differently.

Can you imagine examples of other moments that two people could see and experience differently?

03. Your Empathy Glasses

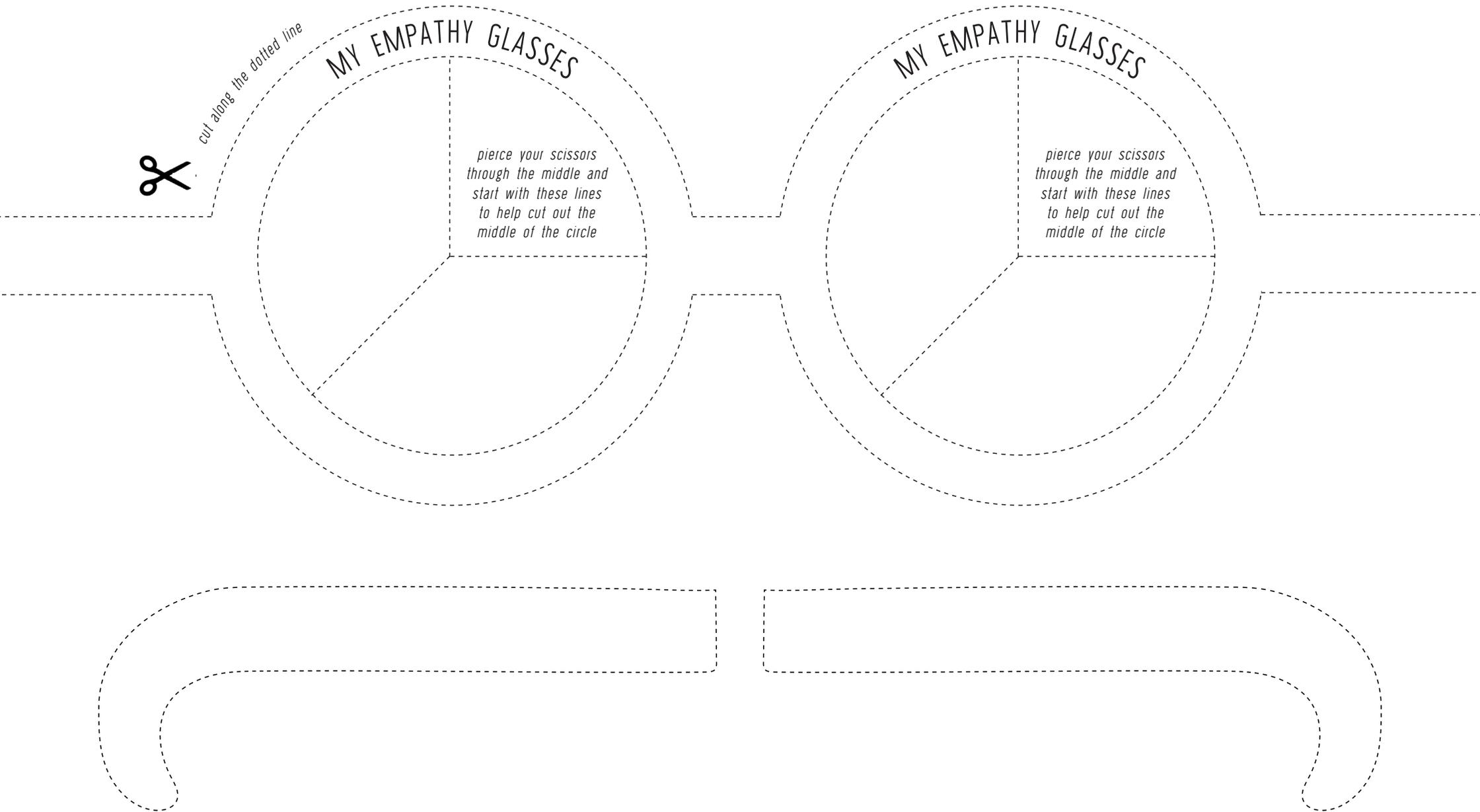
What if you could see the world through someone else's eyes through the Empathy Glasses? The Empathy Glasses are special because they allow you to see what someone else sees. It's as if you can see with their eyes. I invite you to make your own Empathy Glasses!

Step 1. Carefully cut out your Empathy Glasses and your Empathy Lenses from the templates on the next few pages. You could also use an empty cereal box if you have one to make them or to use as a support to glue them onto to make them stronger. Put the lenses aside for now, then decorate the frames. Make sure you fasten the temples to your frames with tape or glue. Now put on your Empathy Glasses and look out of the window. What can you see outside? What's the first thing you notice? It could be a car, a dog, your neighbour, the postman, a bee, a flower, a bin, or something else. Whatever you see, observe it with as much detail as possible.

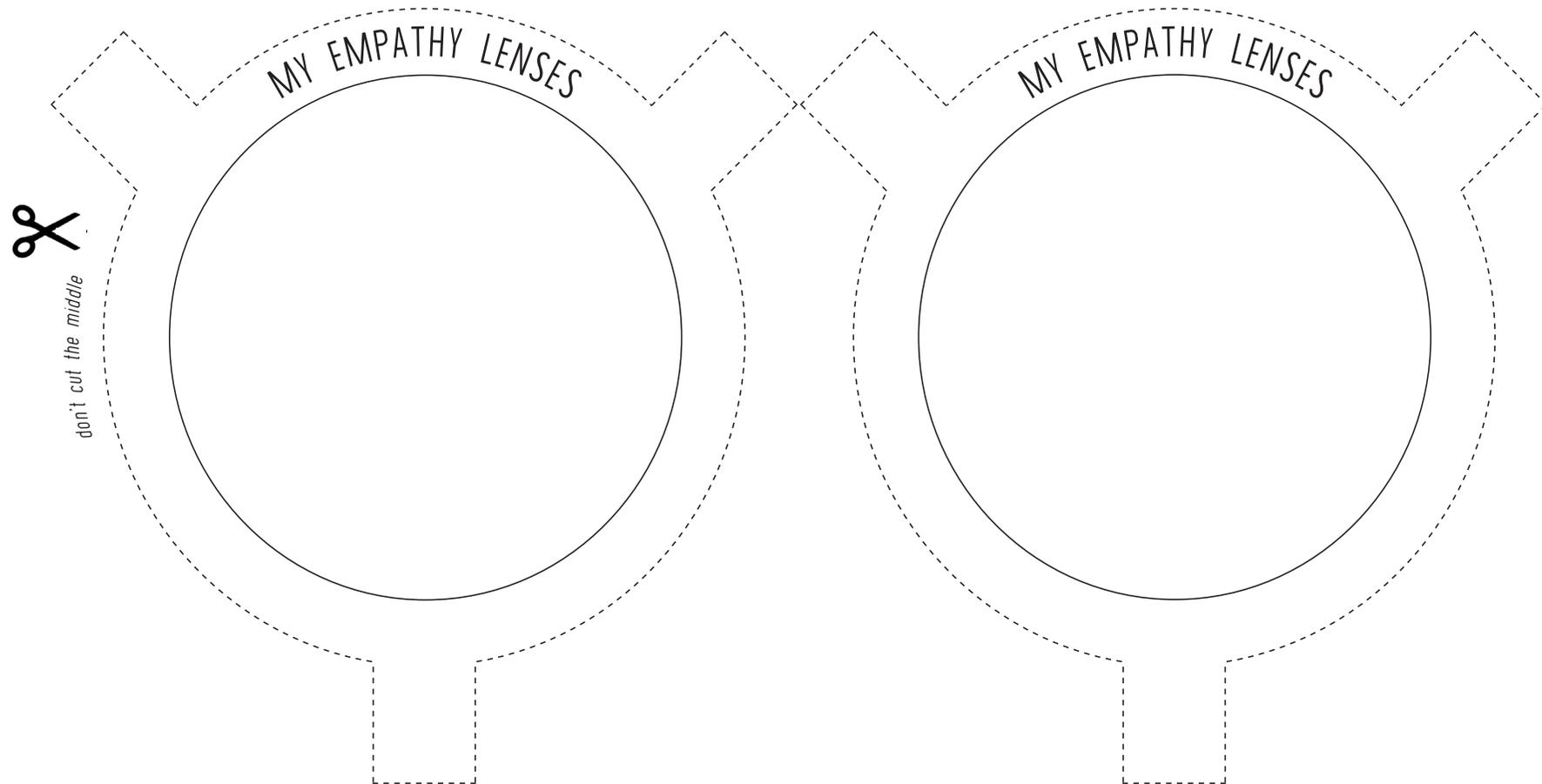


Step 2. Now imagine that you are the thing that you see. Put yourself in their position and imagine you are looking at the world from where they are standing. What can you see now? What do you see around you? How does the world look? Draw what you see on your Empathy Lenses. Include as many details as you can. How is the view from your left eye different to the right? When you're done, attach your lenses to your glasses by folding the little flaps at the front (you can also use a bit of tape to help). And they're ready! Put on your new Empathy Glasses and see the world through someone else's eyes. You can make many different lenses to change perspectives.

03. Your Empathy Glasses



03. Your Empathy Glasses



Extra! Step 3. Put on your Empathy Glasses and look inside your home. What can you see now? Invite a person you trust to join you for the next part. It could be a friend or a teacher you speak to, or someone in your home.

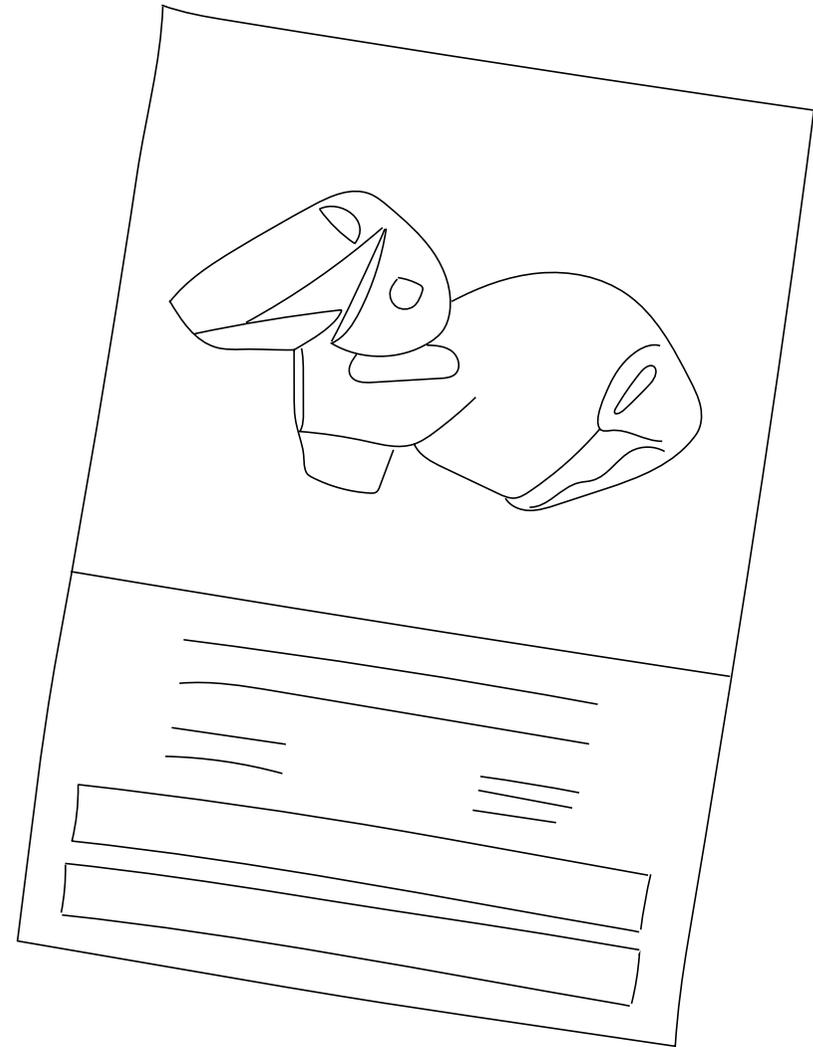
Extra! Step 4. Ask them questions like “What does it feel like to be you?”, or “When you look around what’s the first thing you see?”. Then draw your new Empathy Lenses based on what you’ve learnt and step into their shoes.

04. Your message to your neighbourhood

If you could send a message out to the world, what would you want to say? What positive message would you want to send out to your friends or family, your teachers or classmates, your neighbours or all the people who might walk past your house? It could be a simple message like "I am here!", an encouraging message like "We will get through this together!" or something as clear as "I miss you!".

If you were a person walking past your window, what drawing or message would make you smile?

Draw your own empathy poster with a picture and a message from you to your neighbourhood. Use all your favourite colours - you could even draw your favourite thing on the poster. When it's ready put it up in your window with tape. Make sure your drawing and message are facing outside so that everyone can see.

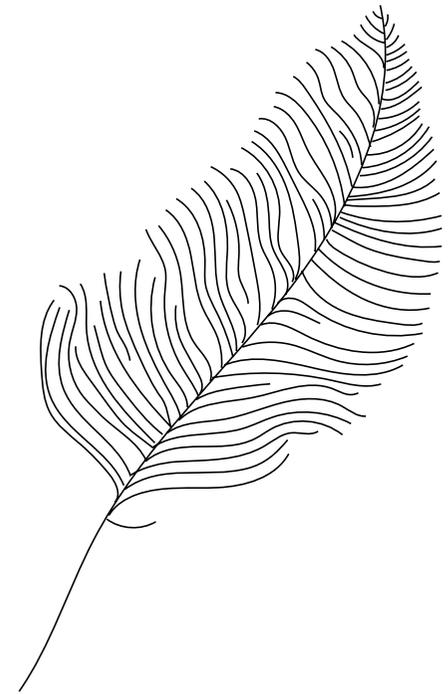


EMPATHY!

Empathy doesn't just exist between people, it can exist between people and other things and beings in nature, like animals, trees, or flowers.

Empathy is about seeing the world through someone else's eyes. What if you could see the world through the eyes of a cat, or through the eyes of a fly? How differently would you experience the world around you? How do you think you would feel?

Now imagine what if you could experience the world through being a tree, a blade of grass, or a feather on a bird? How would your view of the world around you change?



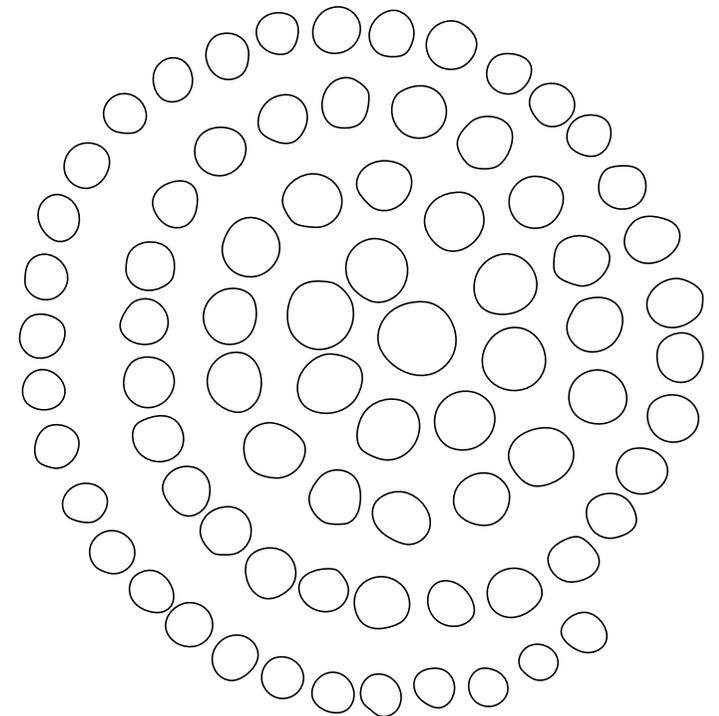
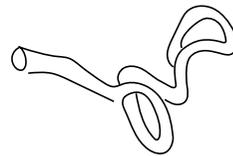
05. Your empathy artwork from nature

Next time you go outside into your garden, or to the park, I invite you to imagine your environment from another perspective. Imagine what you could see if you were a tree, a leaf or a flower? What would the world look like?

Then try to find at least 3 things to bring home with you. It could be:

- a funny shaped twig*
- a perfectly round pebble*
- a beautifully coloured leaf*
- a flower bud*
- something red*
- something soft*

Once you get home, make sure to wash your hands and clean your new treasures. Then arrange them in interesting patterns to create your own empathy artwork from nature. How do the things you found feel to touch? What different shapes and colours do you have? What goes together? You can look up [#kettlesyardathome](#) on Instagram for inspiration.



06. A letter to your future self

What if you could send a message to yourself in 5 years time? How old will you be then and what would you want to say? What would you want to remember from this time when you are spending more time at home than ever before?

Think about how you feel at the moment and write it down in a letter addressed to yourself. If you don't want to write, you could draw a picture or a cartoon on the back instead. What can you tell your future self about the things you are doing right now? Make sure you write the date and your age at the top. If you run out of space you can continue on the back.

When it's finished, cut it off, fold it and put it in a safe place to be read in 5 years time. I've often kept things in my sock drawer (but please don't tell anyone). Where will you keep yours?



Date _____

Dear _____

Love _____

THANK YOU

for being a part of the first Campaign for Empathy Activity Kit!
Please keep an eye out for more activities to come...

We'd also love to see what you've made.
Please share your empathy artworks with us on
Facebook • Instagram • Twitter
using #campaignforempathy

KETTLE'S YARD



Supported using public funding by
ARTS COUNCIL ENGLAND