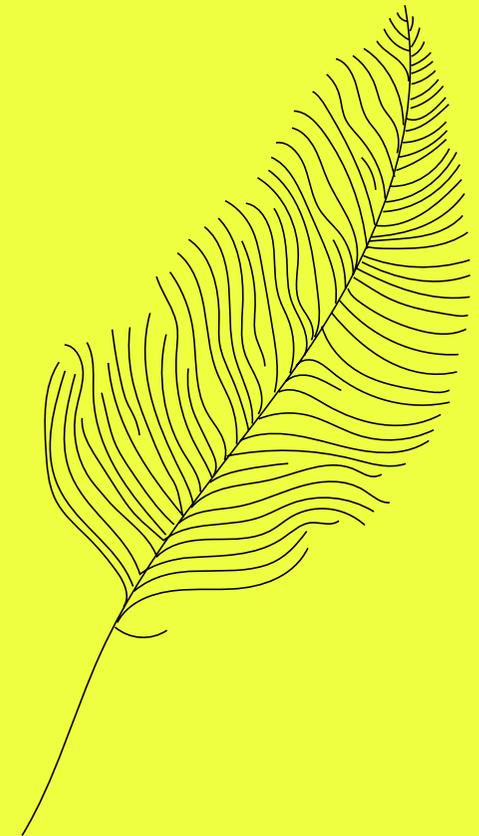


CAMPAIGN FOR EMPATHY ACTIVITY KIT II

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



HELLO!

I'm Enni - empathy artist and the Open House Artist in Residence 2020-21 at Kettle's Yard. It's nice to meet you.

Welcome to the Empathy Activity Kit! This is the second activity kit I've created as a part of my project "Campaign for Empathy" in North Cambridge - the world's first campaign to promote empathy through art bridging the growing divides between us. With the Campaign I aim to open new conversations, foster a sense of community and create moments of connection. What does empathy mean to you? What role should it play in your community?

This activity kit is aimed at adults and complements the first kit for children. There is no right or wrong way to do the activities and you can do them in any order you like. I hope you enjoy!

I'd love to hear your thoughts on empathy and see what you make. Please share on social media using #campaignforempathy and keep an eye out for more activities to come...



WHAT YOU'LL NEED

glue

scissors

safety pin

pen for writing

pencil / pen for drawing

small piece of cardbord (eg. empty cereal packet)

3 pieces of paper

+ your imagination

Extras (not essential)

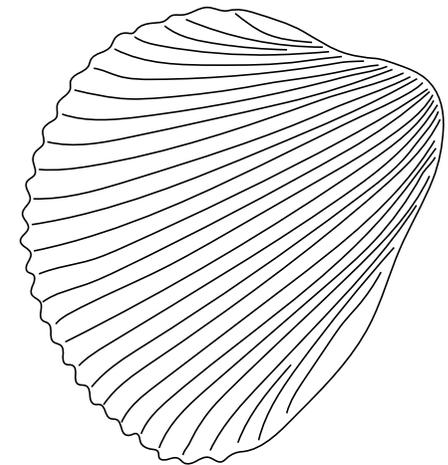
stamp

envelope

colourful pens / pencils / paints

printer (to print the templates for activity 06,

or you could simply make your own)



EMPATHY?

What is empathy? You might ask. Empathy is about understanding someone else's perspective or experience (cognitive empathy), and in some cases feeling what they feel (emotional empathy). It's about treating others, not as you would like to be treated, but how THEY would like to be treated. Here's an example...

You disagree with a colleague. Though your opinions differ, you can understand where they are coming from and consider their perspective on the matter.

A close friend shares exciting news. You feel happy with them, even though the news doesn't affect you directly.

That's empathy.

When have you experienced empathy?

When have you experienced a lack of empathy?



Empathy has been proven to:

Increase collaboration between people, even in conflicts

Increase positive behaviours towards strangers

Reduce conflict between in-and out-group members

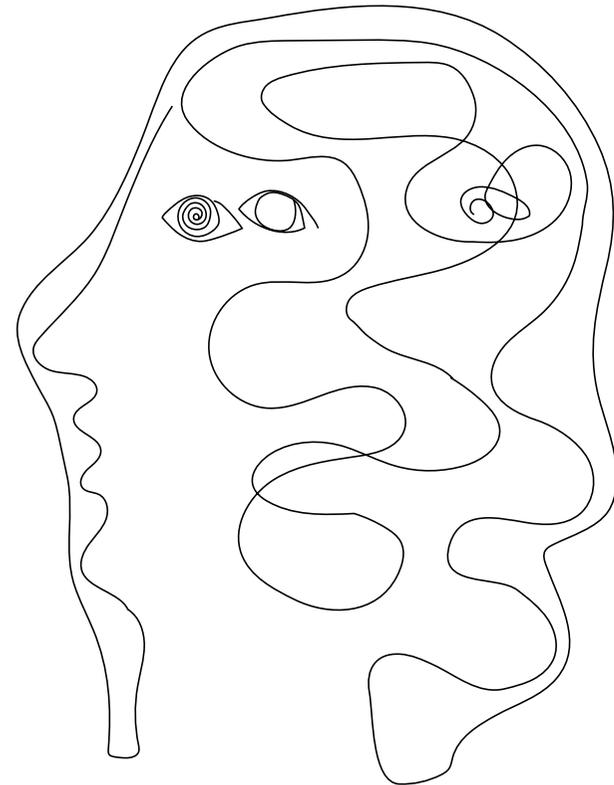
Reduce unconscious racial bias

01. Your perspective / Perspective of you

Empathy is perspective taking. Let's play with different perspectives to explore your environment.

Step 1. Look around the room that you're in. Identify an everyday object (eg. clock, candle stick, plant, lamp, decorative object) with an interesting shape, colour or shadow. Now create a drawing of the object. Try different techniques: 1. draw without looking down at the paper or 2. draw in a single line - don't lift your pen from your paper. Explore the Kettle's Yard collection for inspiration via a virtual tour on tour.kettlesyard.co.uk.

Step 2. Now switch perspectives with the object you have drawn. Imagine you are the object and are looking out into the room from where it is. What can you see? How does the space look from where you are now? What's different or the same? Make a second drawing from the other perspective. Make sure to capture the new shape, size and angle of things. Are you looking higher up or down? Are the things around you smaller or bigger?



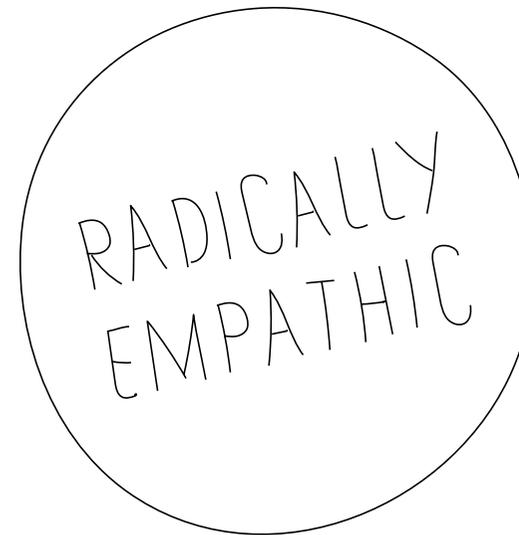
EMPATHY!

"Empathy is the most radical of human emotions."

Gloria Steinem

Empathy is the foundation of all cooperation and collaboration. At the moment we need it more than ever before to not only look after ourselves, but to look after each other!

We are biologically pre-programmed to feel more empathy towards people who are like us - who look like us and sound like us - people with similar backgrounds and experiences.



The good news is that it is possible for us to learn to be more empathic towards people we wouldn't naturally empathise with. To do this we must identify our own "empathy gaps" and consciously train to have empathy in new situations and towards new people.

02. Your Empathy Diary

I have been keeping an empathy diary as a part of my artistic practice since 2016. In it I note down moments when I felt empathy, as well as moments when I felt a lack of empathy. It has helped me understand patterns in my empathic abilities, as well as empathy gaps I need to address. My empathy diary has also helped me better understand how my environment, my mood and my daily experiences affect my ability to empathise. Recently I've found myself writing in it daily, using it as a way to process and make sense of what's been happening both in my community and in our society.

I'd now like to invite you to keep your own empathy diary to understand your own patterns of empathy. Try to write in it at least a few times a week and note down:

Where you were? Who was there?

What happened? How did it make you feel?

What you were doing / seeing / hearing / thinking / feeling?

Did you empathise or feel a lack of empathy? Why?



SELF-EMPATHY!

"We all want space - we are spatial beings; we move in space; we ask primarily for space in our daily lives; it is the natural air we breathe - and yet it is the one thing we least allow ourselves or are allowed."

Jim Ede

It is important that we feel empathy towards each other, but it's also important for us to have empathy for ourselves. The ability to empathise with others starts with making space to look after our own emotional and mental wellbeing. By creating positive space within ourselves we can expand to make space for listening, understanding and connecting with others.



Kettle's Yard is a very calm and meditative place, but it is more than a space. The founder Jim Ede created a way of life that invites you to pause, see, listen, feel and touch to find beauty and connection around you and in yourself. For a moment of peace, you can step into Kettle's Yard to see the light change throughout the day through a web cam on: kettlesyard.co.uk/kettles-yard-webcam/.

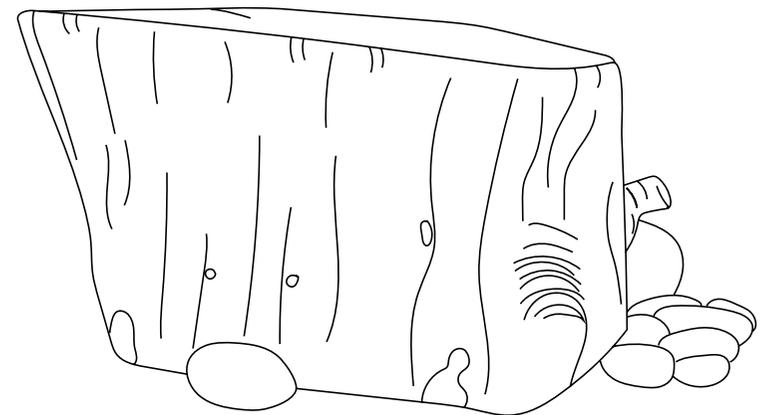
03. Experiment in self-empathy

When did you last take a moment just for yourself? To take a deep breath. To be calm and still and let your thoughts and imagination run free. When did you last re-connect with your mind, body and heart?

Step 1. Put a chair in front of an open window, or in your garden. Set an alarm for 5 min. Sit on the chair with your eyes closed and listen to the world around you. What can you hear?

Step 2. Re-set the alarm and close your eyes again. In turn, concentrate on every little bit of you body from the tips of your toes, the backs of your knees and the ends of your elbows, to the pit of your stomach, your shoulders and the top of your head. Gently move your body around to re-connect.

Step 3. Open your eyes. Re-set the alarm. Fix your gaze on a thing in front of you. Look at it, and only it, for the next 5min. Explore every little detail, colour, shape, texture of the thing. What can you see that you didn't notice before?



04. Experiment in active listening

We rarely take the time to talk about things that are more personal, difficult, or uncertain. I invite you to do exactly this with a friend, a family member, or with someone in your community who you want to get to know better. You can do it in person, via the phone or video call.

Take turns to ask each other:

What do people often misunderstand about you?

What stands out from your childhood?

What's your greatest achievement?

Do you have an unfulfilled dream?

What do you fear the most?

Listen carefully and actively to what the other person is sharing with you. Don't just think about what you want to say next. Let them speak, look them in the eye, and take it all in. After they finish reflect back what you heard. Did you understand the core of what they were sharing? Ask them.

You can download the full "Campaign for Empathy: Menu for Conversation" on kettlesyard.co.uk/campaignforempathy.



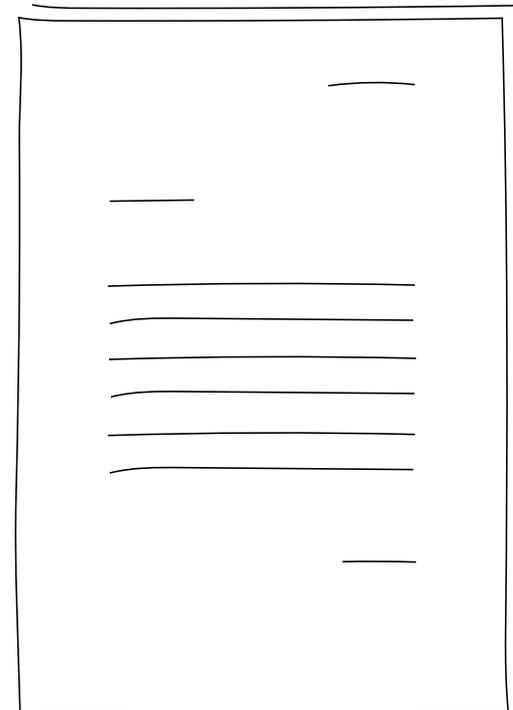
05. Sharing your empathy

Jim Ede, the founder of Kettle's Yard, was an avid letter writer and in frequent correspondence with his friends and collaborators around the world. They exchanged not only their daily thoughts and experiences, but their views on important topics and issues of the time from wars and politics to art, philosophy and faith.

I would like to invite you to write a letter - to a friend, a family member, or to me. I'd love to hear from you! In the letter, I ask you to pick one of the questions from the previous page, and answer it as honestly and truthfully as possible. In case you don't fancy writing, you could draw a picture instead.

If you wish, you can post your letter to me to become a part of a new empathy artwork. Rest assured, I won't ever disclose your name or your details. Please send your letter to:

*Campaign for Empathy
c /o Kettle's Yard
University of Cambridge
Castle Street
Cambridge CB3 0AQ*

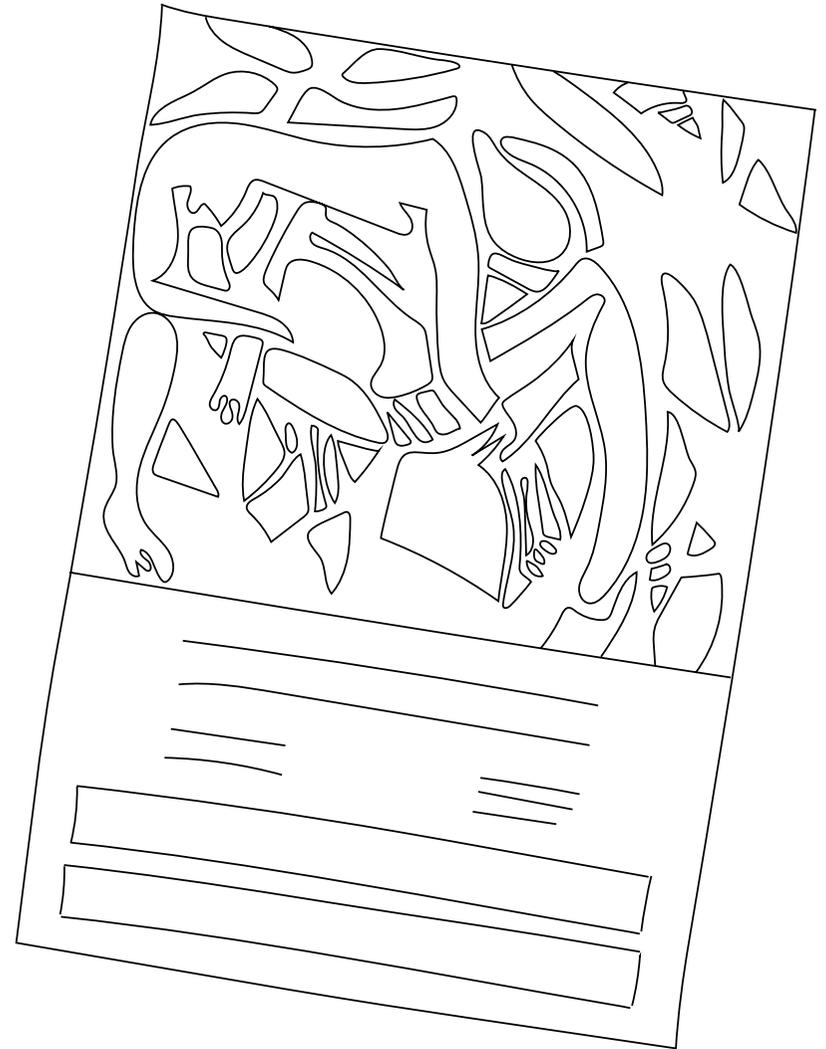


06. Your empathy message

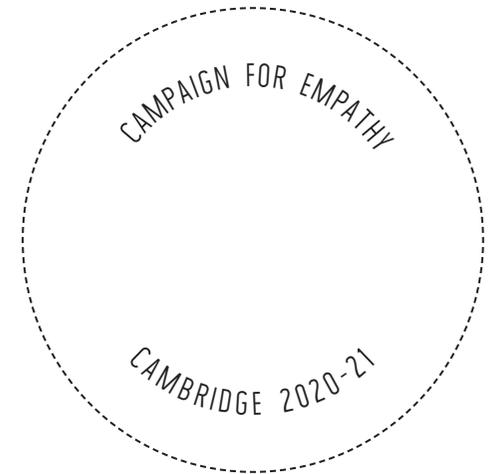
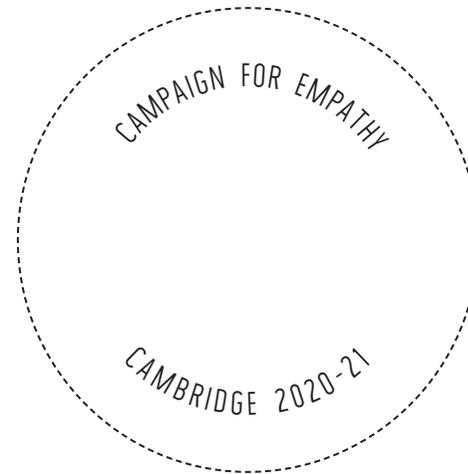
If you could send a message of empathy out into the world, what would you want to say? What positive message would you want to share with your friends or family, your neighbours and all the passersby who might simply walk past you on the street or past your window?

Step 1. Cut out your Campaign for Empathy badges on the next page and decorate them with colours and patterns. Cut a circle of the same size from cardboard, and glue your badge onto it. Use tape to attach a safety pin on the back. There are 2 badges so you can give one to a friend. There are also 2 empty badges for you to add your own words. What's your empathy message?

Step 2. Choose an empathy poster from pages 14-15 and colour and decorate it. Put it in your window to send a message to your neighbourhood. You can also draw your own empathy poster with a picture and a message from you. What picture would make people smile? What words might cheer them up?



06. Your empathy message



BE
RADICALLY
EMPATHIC!

#campaignforempathy

NORTH
CAMBRIDGE
FOR EMPATHY!

#campaignforempathy

THANK YOU

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

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

KETTLE'S YARD



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ARTS COUNCIL ENGLAND