How to make an empathy map

Did you know that it's Empathy Day on 6 June? Empathy is being able to understand and experience other people's feelings and points of view. Empathy Day celebrates the power of empathy to create a better world and aims to help young people harness this superpower. Empathy can boost happiness and connect people.

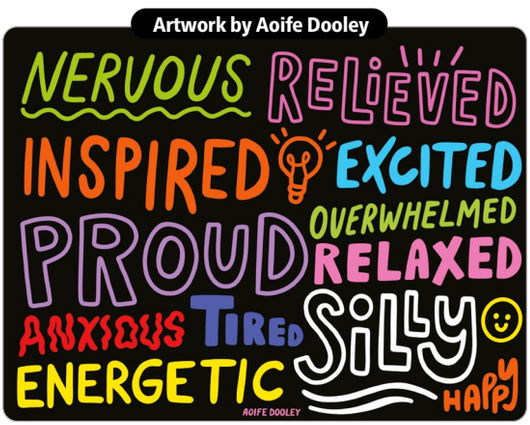
There are all kinds of ways you can develop your empathy. Reading a story told from a character's point of view helps you understand how others might feel in different situations. Another way is to share how you feel with others. Get creative and use your writing and drawing skills to record your emotions throughout the day on a personal Empathy Map. Start off by making a list of emotions. Perhaps you started the day feeling excited for your breakfast, then felt nervous before a test, but proud after you passed it. There are lots of ways to turn these emotions into interesting maps. See below for some inspiring ideas from four brilliant illustrators.

Picture your emotions

Pictures play a vital role in conveying emotions. Can you think of an image that sums up your day? Perhaps it's a picture of you, or something that means a lot to you – like your pet or your bedroom. Try placing your emotions within this picture to complete it.

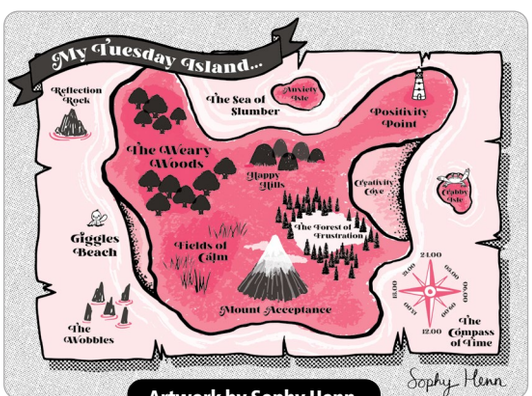
Let words speak

Write emotions in styles and colours that express them. Happy could be in a sunny yellow, or scared could be in shaky writing. Write very strong emotions in a larger size.



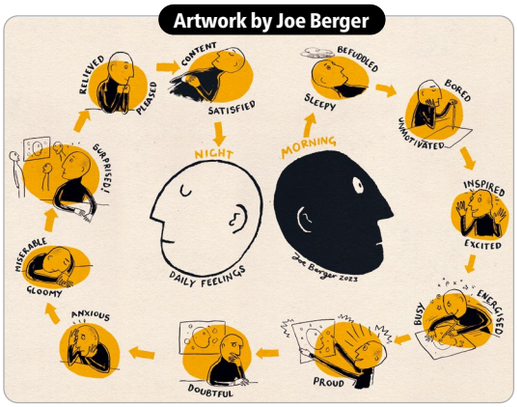
Give feelings a place

A geographical map can also show emotions. Invent towns, roads, islands or forests that connect to your feelings. Have fun creating a fantasy world of your emotions.



Share expressions

Facial expressions are a great tool for communicating or understanding emotions. Draw faces with different expressions. A simple emoji can show an emotion, so you don't need to be a great artist.



Head to theweekjunior.co.uk/activityhub for more crafts and recipes.

SCAN ME

EMPATHYLAB.UK/JION SHEIBANI · AOIFE DOOLEY · JOE BERGER · SOPHY HENN · NATELLE QUEK