

Family Activities

Family Activity: ACT



Empathy Mosaic

This is a group activity for the whole family.

Create a mosaic of empathy, recognising and celebrating empathy when it happens.

You will need: scrap paper coloured pencils or pens sticky tack or tape

Collect up some pieces of scrap paper, or coloured paper if you have it.

Every time someone in your family makes you feel understood, write a short note about it. This could be things like:

'Anna knew I was sad so she sat next to me'

'Mum could tell I needed time on my own'

'Ali saw I was feeling lonely so he let me join in with his game'

The only rule is that you have to write about someone else's empathy action, not your own!

Once you've created a few notes, stick them onto a big piece of paper, your fridge or even a wall. Make sure you have a grown-up's permission first!

Keep adding to it every time someone shows empathy. Soon you'll have a beautiful multi-coloured mosaic of empathy!

Create a colourful Empathy Mosaic



Share a picture of your mosaic on social media using **#EmpathyDay** and tagging **@EmpathyLabUK**