

Family Activities

Family Activity: READ



Meet your favourite character

The whole family can take part in this activity.

Choose your favourite storybook character. You're about to meet them!

You will need: a piece of paper a pen or pencil imagination!

Walk into a room and close your eyes.

As you open them, **imagine your favourite character is standing there.** They tell you it's their birthday!

Tell someone you live with who the character is and what you would give them as a birthday present.

Next, imagine you're making them their favourite birthday treat. **What would you give them to eat?**

Now draw a fridge with an open door, with shelves full of their favourite foods. Ask your whole family to join in with ideas!

What's inside your character's fridge?



We'd love to see your drawings! Ask a grown-up to share a picture on social media [@EmpathyLabUK](#) [#EmpathyDay](#)