

EMPATHY

CALENDAR



EMPATHY ACTS PERFORMED BY: _____

<p>1 Challenge yourself by learning a new skill.</p>	<p>2 Do something outside of your comfort zone.</p>	<p>3 Donate toys or clothes to those in need.</p>	<p>4 Write an apology letter to someone you have upset in the past.</p>	<p>5 Close your eyes and picture yourself in someone else's shoes.</p>	<p>6 Cheer someone up who is sad.</p>	<p>7 Write Your Own</p>
<p>8 Write a letter to brighten someone's day.</p>	<p>9 Be curious about others and their life. Ask questions!</p>	<p>10 Write Your Own</p>	<p>11 Take a mindful walk outside.</p>	<p>12 Notice someone who needs help and reach out.</p>	<p>13 Draw a picture of what empathy looks like to you.</p>	<p>14 Practice being mindful.</p>
<p>15 Write Your Own</p>	<p>16 Make a list of WANTS and NEEDS.</p>	<p>17 Research a non-profit organization that is helping make the world a better place.</p>	<p>18 Listen to someone who is frustrated.</p>	<p>19 Write Your Own</p>	<p>20 Make someone else smile with kind words or a joke.</p>	<p>21 Listen more than you speak today.</p>
<p>22 Picture your life if you were born in a different country to a different family.</p>	<p>23 Make a list of ways YOU can make the world a better place.</p>	<p>24 Ask your family members how their day is going and LISTEN.</p>	<p>25 Look in the mirror and tell yourself that you are kind, caring and thoughtful.</p>	<p>26 Make a gratitude list and be grateful!</p>	<p>27 Write Your Own</p>	<p>28 Take time to have a conversation with a new person.</p>

EACH TIME YOU PERFORM AN ACT OF EMPATHY ABOVE, COLOR THE SQUARE.