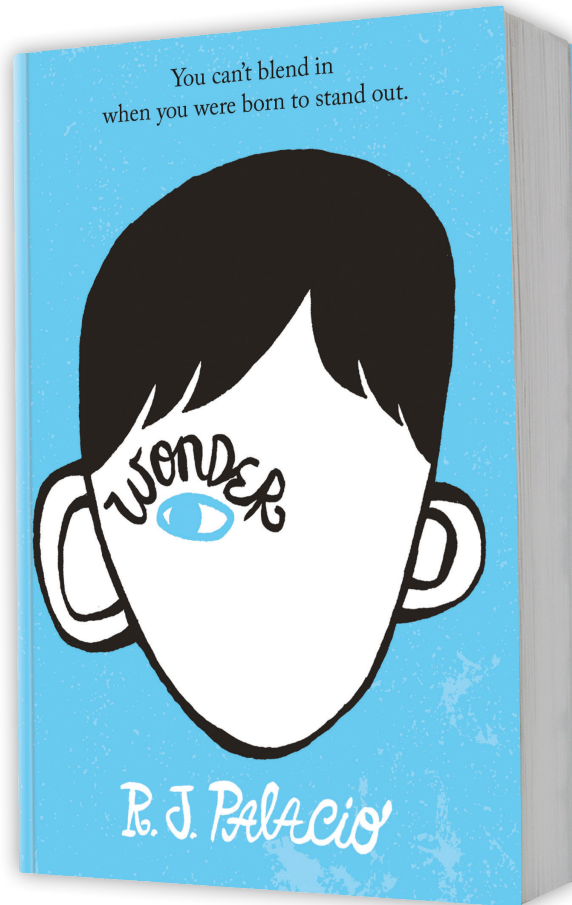




Wonder

Learning about Empathy



All activities can be done with paper and a pencil!

Four activities for ages 8+

Wearing Masks • Celebrating our Differences
What is Empathy • Share a Message of Empathy

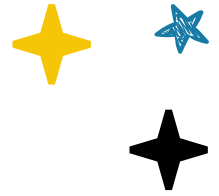
Explores themes of:

Empathy / Identity / Friendship / Family / Celebrating Difference / Kindness

Subject checklist:

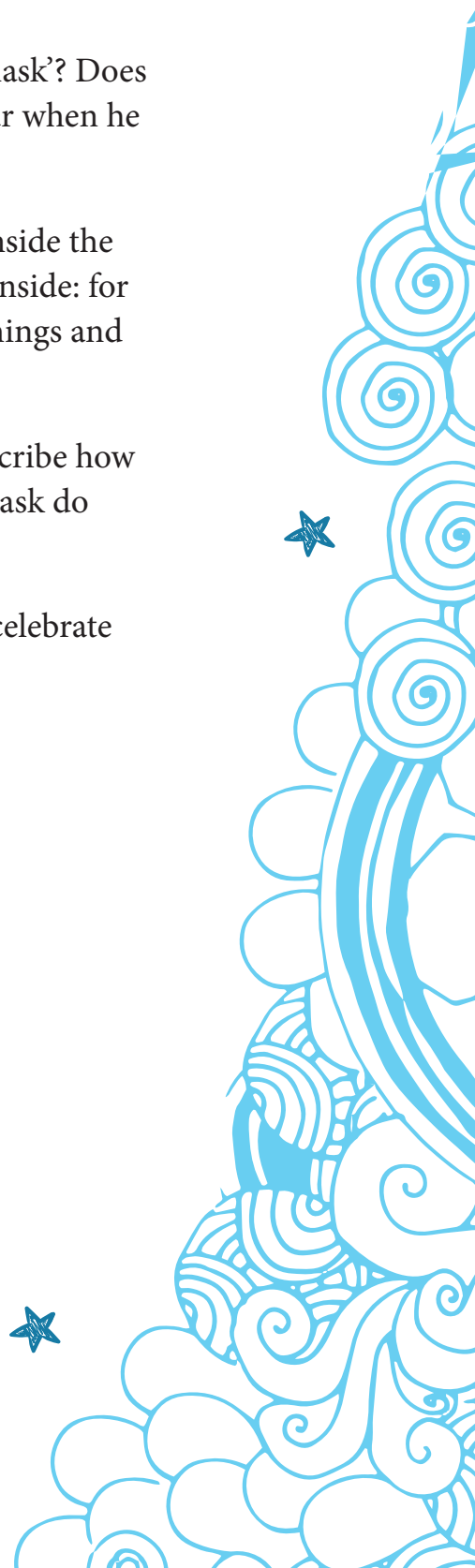
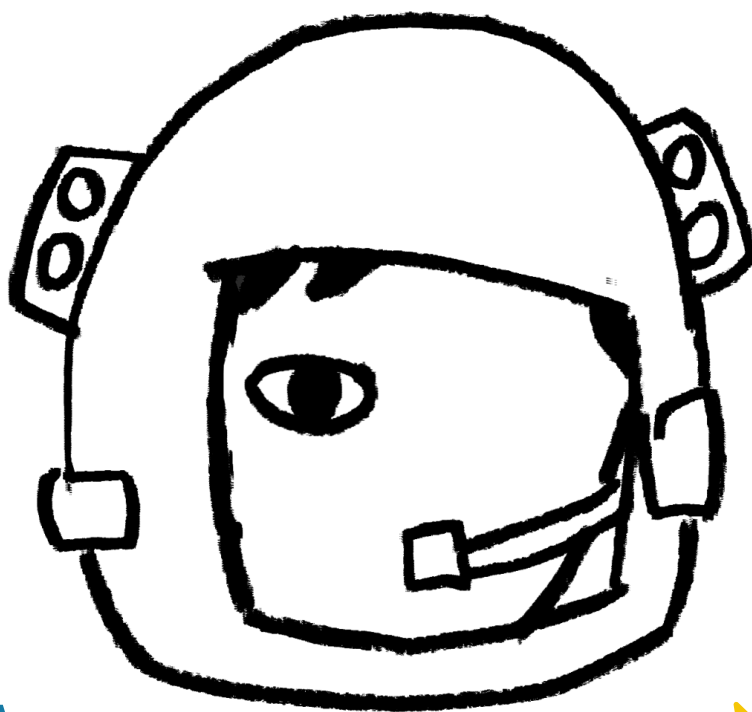
Literacy / PSHE / Citizenship / Art / Design & Technology

Activity 1: Wearing Masks

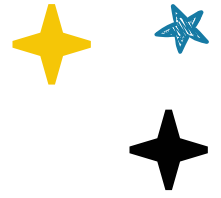


"I wish every day could be Halloween. We could all wear masks all the time. Then we could walk around and get to know each other before we got to see what we looked like under the masks." (p. 73)

- What does Auggie mean here when he talks about 'wearing a mask'? Does he just mean the physical astronaut helmet that he chose to wear when he was little, or is he talking about something else?
- Draw an outline of an astronaut helmet like the one pictured. Inside the helmet, write any words or phrases to describe yourself on the inside: for example your personality, important values you believe in, or things and people that you love.
- On the outside of the helmet, write any words or phrases to describe how you present yourself to others. How do others see you? What mask do they see?
- Why is it important to let people see beneath the mask, and to celebrate our differences?



Activity 2: Celebrating Difference



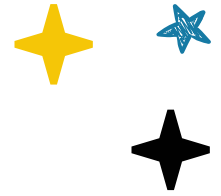
"I know I'm not an ordinary ten-year-old kid. I mean, sure, I do ordinary things. I eat ice cream. I ride my bike. I play ball. I have an XBox. Stuff like that makes me ordinary. I guess. And I feel ordinary. Inside. But I know ordinary kids don't make other ordinary kids run away screaming in playgrounds. I know ordinary kids don't get stared at wherever they go." (p. 3)

- Think about what makes you different and why this is AWESOME. Design a collage to show what makes you different and special. It might include symbols, words, or drawings relating to your heritage, hobbies, or anything else that relates to your identity.
- Show your collage to family and friends, explaining what each element means to you. Put it on display somewhere to show that you are proud of who you are!



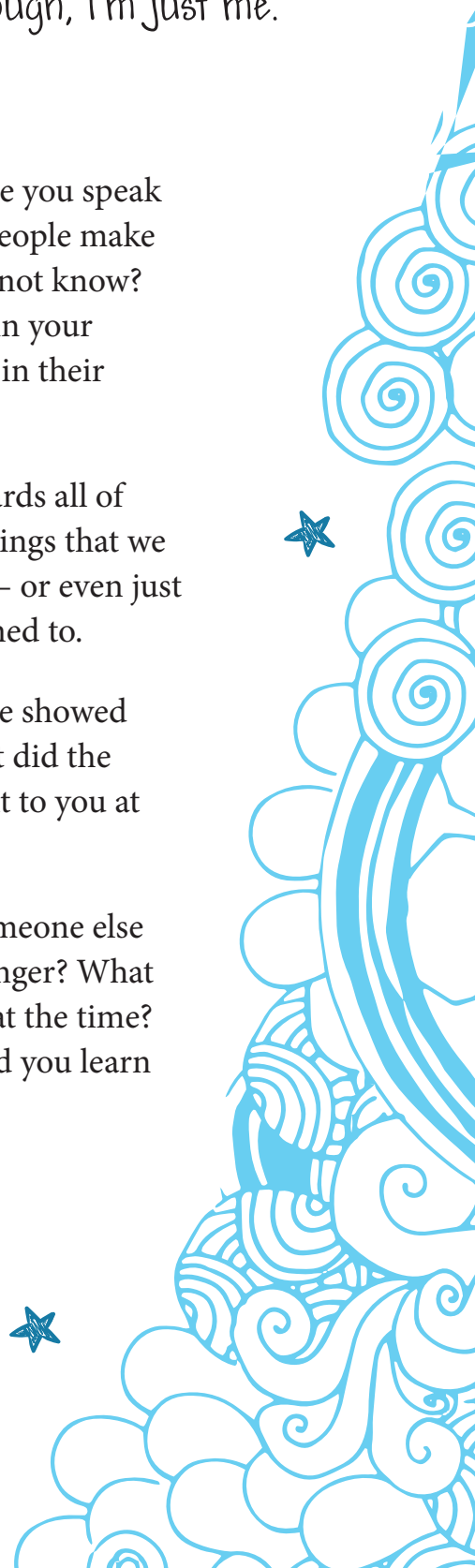
Activity 3:

What is Empathy?

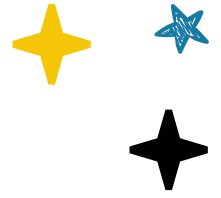


"It's like people you see sometimes, and you can't imagine what it would be like to be that person, whether it's somebody in a wheelchair or somebody who can't talk. Only, I know that I'm that person to other people, maybe to every single person in that whole auditorium. To me, though, I'm just me. An ordinary kid." (p. 306)

- Think about your local or school community, not just the people you speak to every day, but also those who you speak to less. How many people make up your community? How many of their names do you know / not know? Make it your mission to find out the names of all of the people in your community who you don't know. What would it be like to walk in their shoes for a day?
- How can we make sure we show empathy and compassion towards all of these people? Create a diagram like the one pictured to show things that we can say and also do, to ensure that everyone in the community – or even just in your HOME – feels that they are valued, respected, and listened to.
- Then, write two reflections, the first being about a time someone showed you empathy. What happened and why were you in need? What did the person do or say to show you empathy? Why was this important to you at the time and how did it make you feel?
- Then, write your second reflection about a time you showed someone else empathy. Consider: was it towards someone you knew or a stranger? What event(s) had occurred and how do you think they were feeling at the time? What did you do or say to support and reassure them? What did you learn from this experience? How did you feel afterwards?



Activity 3: What is Empathy?



What can we say?

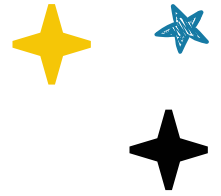


What can we do?



Activity 4:

Share a Message of Empathy



"When given the choice between being right and being kind, choose kind."
(p. 47-48)

- What are some of the things that you can do for people on a daily basis to show them that you care and that you appreciate what they do? For example: waving hello, smiling, or asking someone how his or her day is going.
- Write or draw a message for someone to show them that you care and appreciate what they do. This message could be for a family member, a friend or teacher. What effect do you think your message can have?
- How will you send your message? If you live with the person, you can hand them the message or stick it on the fridge! If they live further away you could send the message by email or to your teacher via your online classroom!

