

EMPATHY WEEK

From 27th Feb 2023

Schools Information Pack 2023

All the information you need to take part in our
award-winning schools programme.

[Register now!](#)

Featured in



THE ~~SUNDAY~~ TIMES
THE SUNDAY TIMES

BBC



We are building the #EmpathyGeneration



[Click here to watch the 2023 trailer](#)



[Click here to watch teacher and student testimonials.](#)

Why Empathy?

Empathy is the skill that underpins all other crucial life skills - leadership, creativity, communication, resilience and tolerance.



“Empathy is the **most important skill for a leader** to have right now”

Fundamentally, empathy is a **skill** that [can be taught, can increase creativity](#) and film has been proven to be a tool with which to do so.

Why us?

We're **qualified teachers, passionate educators** and **expert storytellers**. We understand the need to develop the 'whole child' at school which includes nurturing skills such as empathy and leadership.

We've already engaged **140,000 students across 40+ countries** and deliver a whole-school programme that uses the **power of film** to develop the skill of **empathy** in students **aged 5-18**.

We do all this whilst **saving teachers time, money and resources**. Plus - it's free for all government and state schools worldwide.

Santwana, a young teacher who has just started her training in rural Nepal.



Bhawana, co-founder of My Emotions Matter, an organisation that helps build self-awareness and empathy in participants.



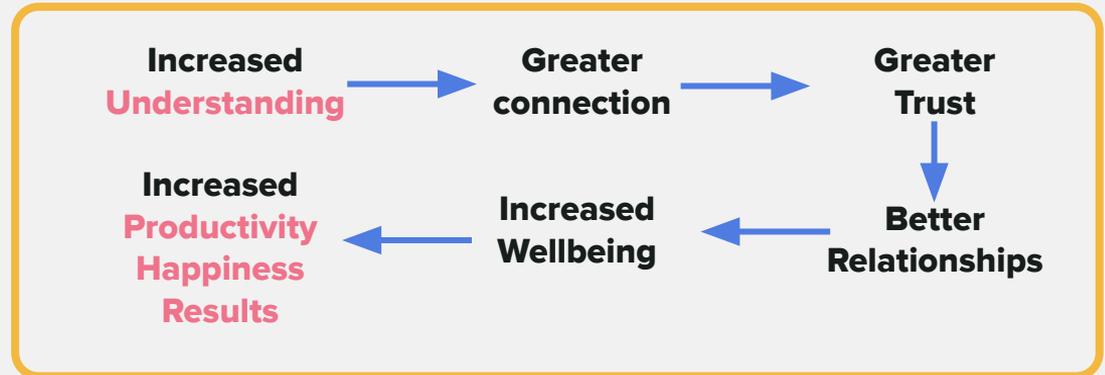
What is Empathy?

The skill to **understand** another person and the ability to **create space** for someone to reveal their authentic self whilst **reserving judgement**.

The #EmpathyGeneration

Our programme is helping to build the 'Empathy Generation'. It's a generation of students that **seek to understand before acting** and have the skills to connect with others distant from themselves and those that may have different opinions to them.

If you focus on developing the skill of empathy, you'll be building successful relationships amongst students and staff that will ultimately improve wellbeing, happiness and academic success.



Our latest research & key findings

In 2022, we conducted a pilot study in collaboration with the University of Cambridge investigating how effective the Empathy Week programme is at developing the skill of empathy.



We found that students who engaged with Empathy Week resources for just one week were:

- More **responsive to the feelings of others** and displayed **increased emotional empathy**.
- demonstrating signs of **increased self-compassion** and **heightened self-esteem**.
- displaying a greater desire to **care for and connect with others**.

“It has been very exciting to see Empathy Week in action. Their pilot study data shows immense potential of the programme not only for empathy development but also to transform the whole school culture to a more empathic, inclusive, and supportive space. I am especially impressed with the ‘Building Empathy’ lessons that can have an amazing impact on the overall wellbeing of children. I will be following Empathy Week’s journey ardently.”

Amna Khalid
Researcher
Cambridge University



**UNIVERSITY OF
CAMBRIDGE**
Faculty of Education

[Download our 2022 research](#)

Opportunity & Education

Our 2023 theme for the 5 amazing films from Nepal

The films cover topics of adventure, teaching, education, poverty, gender, hope, inequality, opportunity, disability, resilience, belief, family, being blind, societal pressures and more.

[Click here to watch the 2023 trailer](#)



Tendi



Mingma



Bhawana



Chiran



Santwana

When registered, your school has access to:



Events & Experiences

Empathy Week starts 27th February 2023 and we will be bringing you online events, webinars and workshops for students, teachers and parents.

We have an **amazing network of partners and speakers** who will be helping us all develop the skill of empathy further.

The events will cover topics around creativity, filmmaking, building empathy for those you disagree with, politics, careers, sustainability and so much more!

New to 2023, these events are only available to teachers, parents and students of registered schools.



The 2023 Programme

Use our 5-week programme of films and supporting learning resources to develop the skill of empathy in the classroom.

This year all 5 films are united by the theme of '**Opportunity and Education**' and - as always - tell the incredible stories of 5 amazing humans.

A whole school approach - all our films and resources are differentiated for every age group (ages 5-18) and all learning sessions are fully planned and resourced for teachers - a game-changer!



Empathy Action projects

Students can participate in a film-based project that allows students to **put empathy into action** and promote something they are passionate about.

In 2023, students must create a video or film in their action project with the aim of impacting the viewer to develop empathy for a certain cause.

Projects are class-based for ages 5-11 and individual- or team-based for ages 11-18!



Global Empathy Awards

Every year we invite the best Empathy Action Projects and schools to our annual awards.

In 2022 we had students join us from Portugal, Switzerland, Saudi Arabia, UK, Hong Kong and Italy!

Congratulations to Sara Village school in Saudi Arabia for winning the Outstanding Primary School award ([view their presentation](#)) and to students Xintong Wang, Chunzhen Li and Amrita Saha of International School of Geneva - Campus Des Nations.

Explore more about the programme

Events during Empathy Week

We are building an unbelievable line-up of online events, webinars, talks, workshops and experiences for the whole-school community. With sessions for every personality and interest, this is going to be an Empathy Week like none other before!

Students

Interactive workshops, talks and sessions to upskill, inspire and develop empathy all at the same time.

Teachers

Sessions to inspire and help take the skill of empathy into the classroom. Some sessions will also be geared towards topical CPD.

Parents and Guardians

Exclusive sessions for parents to develop their knowledge of empathy and an opportunity for them to attend talks, webinars and hear specialists offer their advice on supporting their students

Confirmed Speakers for 2023



Gavin Ramjaun
BBC Sports Presenter



Julie Robinson
CEO - Independent
Schools Council



Gavin Dykes
Director - Education
World Forum



Lipa Nessa
Sports Activist and
grassroots coach



Hussein Hussein
CEO - Cape Mentors

How to take part - step by step:

1

Register

Once approved, your school **will have a login that gives you access** to our members area. From December 2022 you will be able to download all resources that can be put on your internal system for every teacher to access. Easy, right?!

2

Before the week

Updates will be sent to your email and you'll be able to book onto our series of workshops, assemblies and events **from December**. We will have events for students, teachers and even parents - all with a focus around empathy, of course!

3

During the week

Enjoy the **events and start the 5 week programme** using the first film and set of lesson resources. Join in the conversation on social media, share your work and make empathy a focal point for your school, students, teachers and wider school community.

4

The 5 week programme

Explore and **watch the 5 films over 5 weeks** and discuss the lives, societal issues and topics that arise with the help of **Stage 1 and Stage 2 lesson materials**. This is where the building and development of empathy really begins!

5

Empathy Action Projects

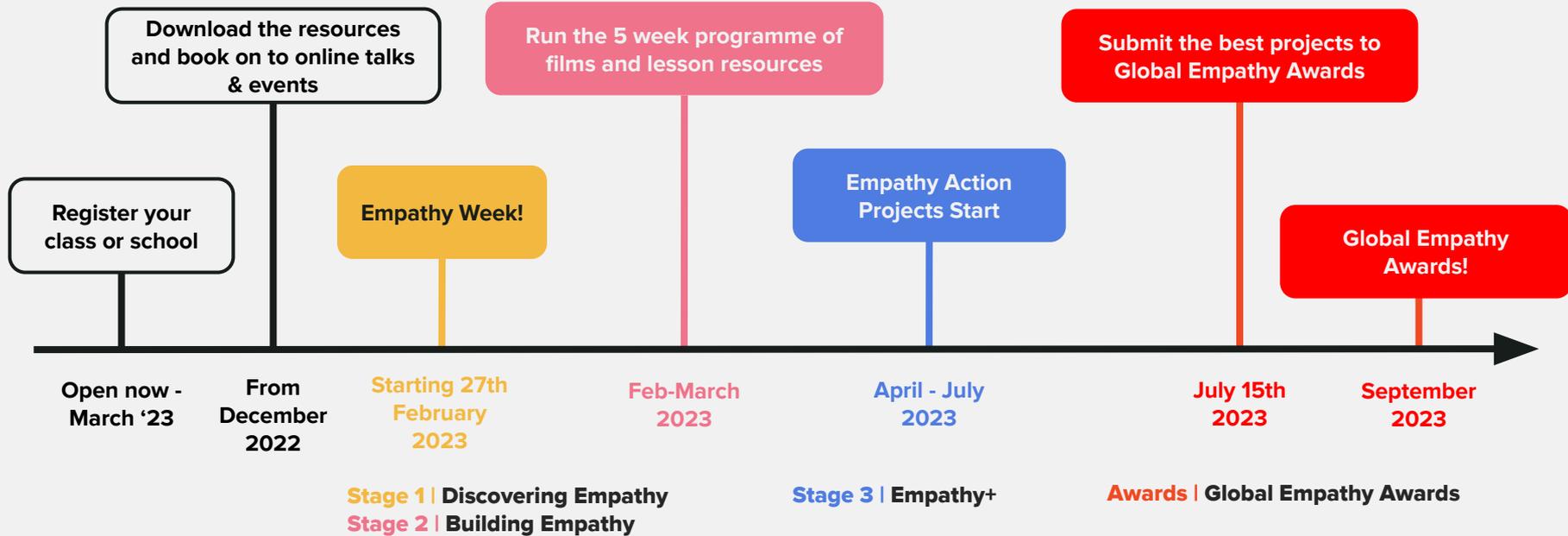
From April, use our resources to help **plan and implement an Empathy Action Project**. For students aged 5-11 we have classroom projects and for older students 11+ there are individual and team project ideas. All **projects in 2023 must include a video or film** for the awards.

6

Global Empathy Awards

Done an amazing project and created an awesome film/video? Submit it by 15th July 2023 to our panel of judges for the chance to be invited to the Global Awards in September 2023. Previous winners have included students from Saudi Arabia, UK, Nepal and Switzerland.

The timeline to 2023



Our Learning Framework

Mingma, a young man working to improve the education of Nepalese students.



Stage 1 | Discovering Empathy

Feb - March

Films and Reflections

5 assemblies containing 5 beautiful and cinematic films differentiated for ages 5-18.

Stage 2 | Building Empathy

Feb - April

Empathy with Myself
lesson

Empathy with Others
lesson

Select from 10 x 20 minute sessions responding directly to the films and developing key empathic skills for each age group.

Stage 3 | Empathy+

April - June

Empathy Action Projects

Film-based projects that showcase and develop the skill of empathy.

Stage 4 - Awards | Global Empathy Awards

September

The Global Empathy Awards

An event celebrating student projects from across the world.

Stage 1 | Discovering Empathy

Use our powerful films to introduce your students to five incredible individuals, all living out their pursuit of *Opportunity and Education* in different ways.

Stage 1 is perfect for delivering in assemblies or tutor time with all sessions designed to be delivered in 15-20 minutes. Alongside the films, our supporting lesson resources and guided reflections help you and your students explore the themes further. This is a great base for stage 2 where you can go into more depth and develop empathy for others and yourself.

Important Note: There are laws in some countries prohibiting certain educational content.

Where content is not able to be shown, these topics are removed from some versions of the films and materials, ensuring students in these countries can still gain access to Empathy Week's valuable content.

We always seek permission from the people in the films before editing their stories - this is paramount for us.



Santwana

A trainee teacher passionate about changing the lives of her students

Themes include - becoming a teacher, overcoming negative thoughts, passion, resilience, acts of service.



Mingma

A young educator and advocate for change

Themes include - education, believing in yourself, acts of service, resilience and life in Nepal.



Tendi

A sherpa who's summited Everest 14 times

Themes include - bravery, adventure, life of a sherpa, risking your life, family and education.



Bhawana

Educator, social-emotional learning expert and advocate for gender equality

Themes include - standing up for what's right, education, emotional intelligence, education, gender equality.



Chiran

A blind massage therapist who runs his own business

Themes include - positivity, perspective, disability, equal rights, resilience, helping others.

Stage 2 | Building Empathy

The *Building Empathy* learning resources respond directly to the topics featured in the five films, diving deeper into the process of empathy skill building. Through a combination of personal reflections and engaging activities, students will develop six key empathic skills, as detailed below. All resources are differentiated for students aged 5-18 years.

Empathy with Myself		Empathy with Others	
Processing Thoughts and Feelings	<i>To equip students with the confidence, skills and vocabulary to recognise and express how they are feeling and what they think.</i>	Listening with Empathy	<i>To understand and practise empathic listening.</i>
Applying Empathy	<i>To enable students to take empathic action to maintain their own wellbeing.</i>	Valuing Perspectives	<i>To equip students with the skills to engage empathically and respectfully with people who have a different opinion to them.</i>
Preparing to Connect	<i>To use empathy to fully and productively engage with other people.</i>	Setting Intentions	<i>To empower students to set intentions with empathy.</i>

Stage 3 | Empathy+ - The Empathy Action Projects

Empathy+ is an additional opportunity where students can put empathy into action.

All Empathy Week packages provide a student and teacher workbook with a scaffolded plan to guide students to becoming positive changemakers. In 2023, we are requiring projects to include a film or video that can help develop empathy in the audience that sees their film. We will be providing webinars and workshops to help students and teachers learn to film and edit in a simple but effective way!



Ages 5-10 will take part in classroom projects, with teachers supporting using the appropriate workbooks.

Ages 11-18 will take on a project of their choice as a group or individually, supported by the workbook.

Awards | The Global Empathy Awards

Previous winners

Founder Ed with Sundarmala (left) and Sangam (right) in Kathmandu, Nepal in March 2022.

Sundarmala and Sangam won the Global Empathy Award for their project in 2021 which was a film aimed at disrupting the caste culture and system.



Each year the Global Empathy Awards are a celebration of putting empathy into action! Sharing their outstanding work, our global community of students come together to share and celebrate the amazing ways they have applied their learning from the Empathy Week programme.

The 2022 Winners

Outstanding Primary School Empathy Award

Sara Village - Saudi Arabia

[Watch the presentation](#)

[Virtual interactive project](#)

Outstanding Empathy Action Project Award

Sally, Grace and Amrita - for their project 'Be You'

[Hear a student's experience](#)

[See the presentation](#)

Our Judges



Gavin Dykes
Director, Education
World Forum



Dr. Melissa Collins
Principal & Top 50
Global Teacher Prize



Prof. Dr. Ger Graus
Global Director of
Education, Kidzania



Bhawana Shreshtha
Founder, My
Emotions Matter

Teacher Testimonials

"We can't recommend Empathy Week enough to all schools and all ages. Our primary age pupils gained so much through their engagement with the five thought-provoking films and the project we undertook following these. The whole experience has embedded in our practice a real focus on empathy and our children have benefited hugely. Our project was a whole school undertaking and we couldn't be more proud of winning the Empathy Award. We will definitely be involved again this year and going forward and we encourage all to join us."

Paula Ayton - Reid Street Primary School, UK

"We absolutely loved Empathy Week and we got lots of thoughtful discussions out of it, the resources and videos were fantastic and really exposed the children to lots of social issues that they might not be exposed to here in Dubai. We also had some lovely feedback from parents that this was then being discussed around the dinner table. We are definitely hoping to do it again next year!"

Amanda Strachan - Assistant Headteacher, Dubai British School, UAE

"Empathy Week was a wonderful opportunity to heighten our students' awareness of this important value. I've really noticed that, since then, both the word 'empathy' and its value – that we should all appreciate the perspectives and experiences of others – has become much more a part of our school language and culture."

Kathryn McDonald - Director of Pastoral Care K-12, Arden Anglican School, Australia

"It was an amazing experience for the whole school community. Getting to see my students grow in their understanding of others around the world who had quite different identity markers than them was so important. I'm looking forward to taking part in Empathy Week year on year and helping to build the #EmpathyGeneration."

Jordan Weatherl - Special Educational Needs Teacher, DSST, Byers High School, Colorado, USA

**Listen to parents, guardians and teachers experiences from
Sara Village School, Saudi Arabia**



Tendi, a man who's summited Everest 14 times and founded a foundation for student's education

Supporters & partners

We take pride in partnering with other organisations who are dedicated to building the Empathy Generation with us and have a commitment to providing opportunities for students across the world.

Chiran, a completely blind man who is a massage therapist in Nepal. Here he is using a phone to navigate the streets of Kathmandu.

ssat the schools, students and teachers network

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Teach For All
A Global Network

YOUTH SPORT TRUST



Beyond

EMPATHIC INTERVISION

Children & Young People's Mental Health Coalition

VOTESFORSCHOOLS

ThoughtBox

Empatico.

PiXL

The Children's Society

ERIC

PRCA
The Power of Communication

MEE TOO

OG
THE OPPORTUNITY GROUP

T Teach First

Suicide&co

ODGERS BERNDTSON

KARANGA

ivy house
LONDON

gsa Girls' Schools Association

Happy Space

Reboot the Future

See how we worked with Snapchat in 2022

Packages

5-11 Years Package

- 5 films for ages 5-7
- 5 films for ages 8-11
- Assemblies and guided reflections
- 2 x supporting lessons per film
- Student work pack
- Teacher support pack
- Parent pack
- Access to online webinars, talks and events for 2023
- Empathy+ Action Projects
- Global EmpathyAward Entry
- Downloadable certificates
- and more...

11-18 Years Package

- 5 films for ages 11-18
- Assemblies and guided reflections
- 2 x supporting lessons per film
- Resources for 3 different age groups
- Student work pack
- Teacher support pack
- Parent pack
- Access to online webinars, talks and events for 2023
- Empathy+ Action Projects
- Global Empathy Award Entry
- Downloadable certificates
- and more...

5-18 Years Package

- 5 films for ages 5-7
- 5 films for ages 8-10
- 5 films for ages 11-18
- Assemblies and guided reflections
- 2 x supporting lessons per film
- Resources for 5 different age groups
- Student work pack
- Teacher support pack
- Parent pack
- Access to online webinars, talks and events for 2023
- Empathy+ Action Project
- Global EmpathyAward Entry
- Downloadable certificates
- and more...

INDEPENDENT SCHOOLS

Register in September to get an **'Early Bird'** price



Whole-school package	EARLY BIRD price in September	Price after September
5-11 years	£600	£650
11-18 years	£850	£900
5-18 years	£1250	£1300

[Register here](#)

Note: We secure funding to offer our programme for free to state/government schools across the world. This gives access for every student in the world to experience the power of Empathy Week. Each independent school can note however that their purchase does also help to fund access to 2 other schools.

Our team & advisors



[More about Ed](#)

[Hear a podcast with Ed](#)

Ed Kirwan - CEO & Founder

Teacher, educator, filmmaker.

Ed taught in North London as a science teacher for 3 years before teaching himself filmmaking and campaigning around attitudes towards homelessness. The first Empathy Week launched in February 2020.

It was born out of a need to help students increase their empathetic capabilities and a recognition of the support teachers require to do this.

We're a team of qualified UK teachers and creatives, supported by a community who believe that developing empathy is a vital component of the wellbeing of any person, school, team or organisation.

The ability to understand other people's thoughts, feelings and perspectives - is **the most important and vital skill for personal and professional development** in this ever-changing and increasingly connected world.

Our Team & Board



Miriam Carter-Fraser
Curriculum Lead
in



Jennifer Condylyffe
Marketing Assistant
in



Nilema Bhakta-Jones
Board Advisor
in



Miryam Coupard
Board Advisor
in



Andy Galloway
Strategy & Marketing
in



Shaun Bhakta-Jones
Advisor
in



Sara Milne Rowe
Board Advisor
in



Mamta Gera
Diversity & Inclusion
Advisor
in

Global Empathy Award Judges



Gavin Dykes
Director, Education
World Forum



Dr. Melissa Collins
Principal & Top 50
Global Teacher Prize



Prof. Dr. Ger Graus
Global Director of
Education, Kidzania



Bhawana Shrestha
Founder, My
Emotions Matter

Our Empathy Advisory Board



Dr. Lidewij Niezink
Empathic Intervention



Dr. Katherine Train
Empathic Intervention



Dr. Helen Demetriou
Psychologist, Lecturer
& Author



Dr. Claire Yorke
Author & Academic

**To change the world,
we first need to
understand the
people in it.**

Register for 2023

What schools say (Watch)

Contact our team

www.empathy-week.com

**EMPATHY
WEEK**

