



EMPATHY DAY
9 JUNE 2020

Anti-Racism and 'Empathy Day'



"Education is the Most
Powerful weapon
which you can use to
change the world."

Nelson Mandela

"In a racist
society it is not
enough to be
non-racist."

We must be
anti-racist."

Angela Davis

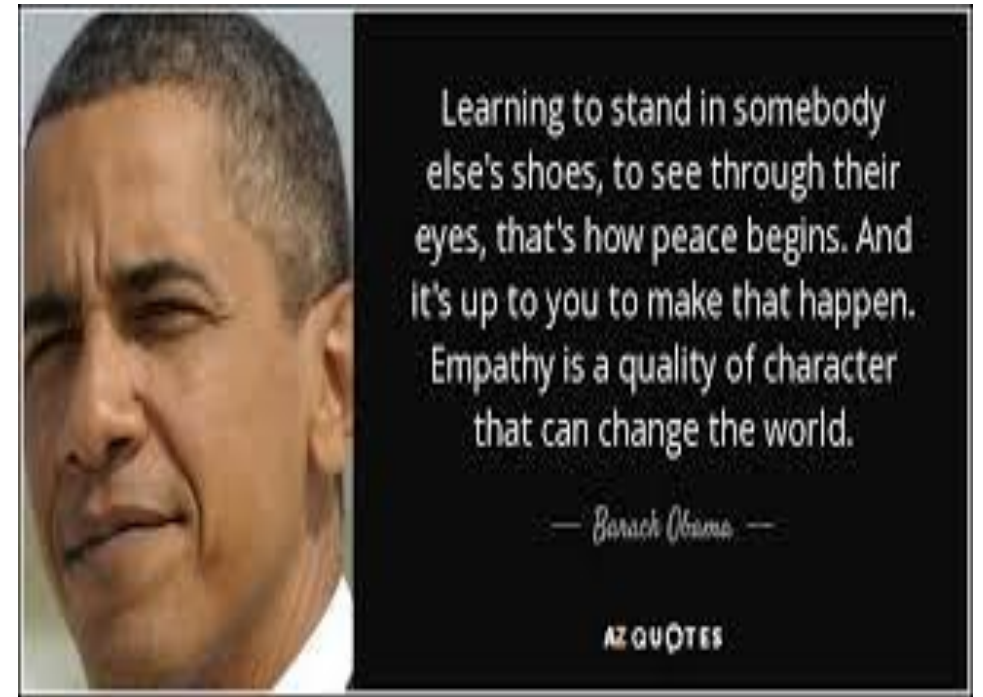


1. What does it mean to be empathetic?

If you are empathetic, you are able to understand and share the feelings of others.

2. Why is empathy important?

Empathy is important to understand how others feel, so we can respond and act appropriately to situations.



Task:

Think of situations where you have had to be empathetic.

What impact has this had on your response to the situation? What could have happened if you did not show empathy?

What is 'Black Lives Matter'?

During the last few weeks, you may have seen and heard of 'Black Lives Matter' on social media and/or the news.

Black Lives Matter is an international activist group. They are working to end violence and racism towards black people and raising awareness on what we can do to help make society anti-racist.

How?

People are supporting the movement through taking part in peaceful protests, donating to fundraisers, signing petitions, reading up on anti-racism, and raising awareness on social media.

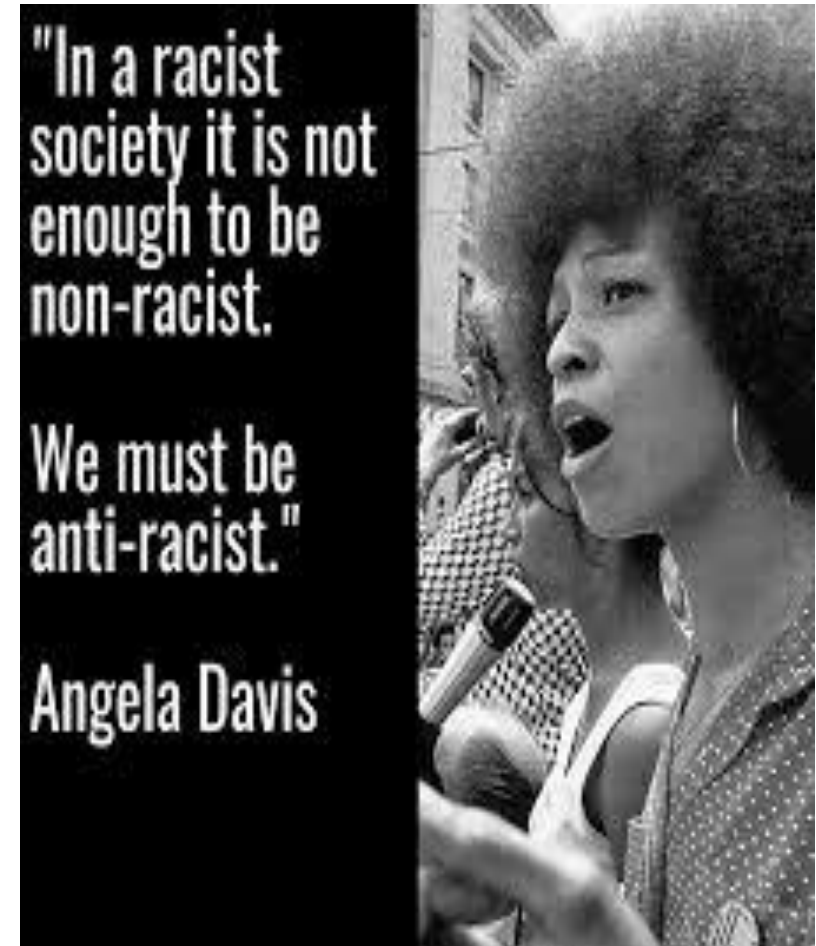


What can I do?

It is important that we all contribute to making the world we live and learn in to be anti-racist. There are a number of ways in which you can help to educate yourself and others on anti-racism, and support black people.

Researching the positive influence black people have had on history is a great way to begin.

Task: Pick at least one of the boxes on the next slide and complete the task.



Choose a task below to help you reflect on and demonstrate how you want the world you LIVE and LEARN in to be anti-racist.



'It's is not enough to be non-racist, we must be anti-racist'
Angela Davis

 @edwinabuenor

#EDUCATIONSPEAKSOUT

Research into Black inventors.

Write a newspaper article detailing your findings.

Find spoken word poetry by Black British poets. For example: George the Poet, Caleb Femi.

Record your own spoken word piece inspired by their work.

Find out about Black jazz, blues and classical composers and musicians.

Compose a musical piece inspired by their sound.

Find poetry by Black writers. For example Grace Nichols, Benjamin Zephaniah.

Write your own poetry inspired by their works.

Research into the amazing contributions that Black British people make to our society daily.

Record your own news segment detailing your findings.

Read an extract or a book by British Children Authors. For example: Malorie Blackman or Sharna Jackson.

Draw your own illustrations of the main characters.

Research into Black British visual artists. For example Sonia Boyce or Frank Bowling.

Create an art piece inspired by their work.

Research into Black British Children Authors. For example: Malorie Blackman or Sharna Jackson.

Write an opening of your own short story.

Find a Black British photographer. For example: Raphael Albert or James Barnor.

Create a picture collage or gallery of their photographs .

Task: Pick at least one of the boxes on the left and complete the task.

Practice Self-Care

It is easy to be consumed by masses of information circulating on social media and on the news.


Therefore, it is important that you are able to practice self-care.

On the image to your right, there are ways in which you can do this.

BLACK

MENTAL HEALTH

MATTERS

 @edwinabuenor

Images and videos of black people facing injustices can leave you feeling hopeless, angry and overwhelmed. As these issues continue to escalate, it is important to practice self-care. Here are some things you can do to get a bit of relief.

1.

Social media breaks.

Social media is full of triggering images and you can easily spend hours online consumed by it. Log out and put down your phone if you start to feel overwhelmed. Try and have a routine and stick to it. Whether that's taking out an hour a day to read or to just listen to music.



2.

Accept your feelings and reactions.

Pushing away negative feelings is not always healthy. It is okay to feel angry or frustrated with injustices. A good way to deal with your feelings is to channel it into an activity. For example: going for a walk or a run outside.



3.

Channel your frustrations.

You can spread awareness from home on social media. Avoid sharing graphic images. You can sign petitions online as a way of doing your bit for the Black Lives Matter movement. You can channel your frustrations creatively through art or even making music.



4.

Talk to trusted family, friends and teachers.

Talking with others can help! Share your thoughts and feelings with trusted people in your life. You can also email teachers who you feel will understand you. However, remember to have boundaries - you do not have to engage with people who do not understand you.



5.

Read, listen to, or watch what celebrates blackness.

Read books, articles online and research things that celebrate the positive and amazing contributions that Black people make to our society daily!

