



# EMPATHY DAY



## WHAT IS EMPATHY?

- Empathy is our ability to experience and understand someone else's feelings.
- Empathy creates stronger, kinder communities.
- Empathy is a crucial life skill.

## HOW CAN YOU SHOW EMPATHY?

- Show you understand how someone feels
- Consider someone else's experience or viewpoint
- Listen with care and attention
- Offer to support others



**READING HELPS US TO DEVELOP THIS IMPORTANT LIFE SKILL**

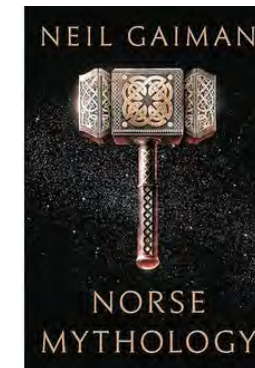
# WHAT ARE WE READING?

- At TEMA, we know reading is fundamental to students' success in their futures.
- Each year, every student is gifted three books. Their TEMA Reads become part of their essential equipment for the day.
- Every day, students' tutors will read a section of the TEMA Read.
- These diverse stories have been carefully chosen to support students to develop their empathy.

**Year 7:** Boy, Everywhere by A. M. Dassu

**Year 8:** Norse Mythology by Neil Gaiman

**Year 9 and 10:** When Worlds Collided by Danielle Jawando

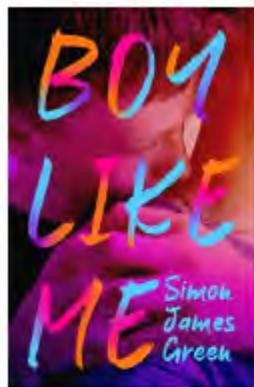


Reading  
IS  
FUNDAMENTAL

**All students can also borrow books to read from Beswick Library.**



# Novels



## **Boy Like Me** **Simon James Green**

What happens when you secretly feel different from everyone else? Jamie is discovering his identity and falling in love at a time when exploring sexuality, even through books, was risky. Thank goodness for the courageous librarian who supports Jamie and defends freedom.

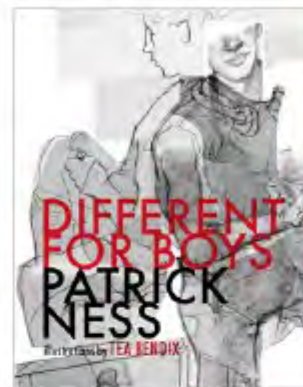
Scholastic



## **The First Move** **Jenny Ireland**

Juliet and Ronan are chess-loving teenagers, who are hiding big secrets. A love story with a difference, exploring how communication and trust allow people to be their true selves, even when it means acknowledging disability and profound trauma.

Penguin



## **Different For Boys\*** **Patrick Ness**

**Illustrator Tea Bendix**

A brilliant, moving LGBTQ+ story that cleverly explores prejudice, friendship, sexuality and masculinity. The author perfectly captures the confusion and isolation of being gay in school and the gender norms that stop teenage boys from revealing their true selves.

Walker Books

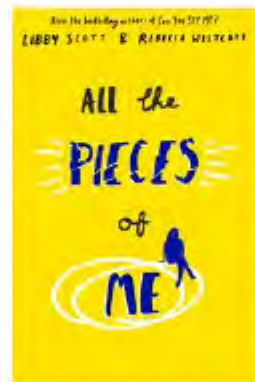


## **The Piano at the Station** **Helen Rutter**

**Illustrator Elisa Paganelli**

A masterclass in the difference it makes to have your feelings understood. Troubled Lacey is rescued by an empathetic teacher who gives her purpose through music. Her new self-belief drives her to lead a campaign to save the piano at her local station.

Barrington Stoke



## **All the Pieces of Me** **Libby Scott & Rebecca Westcott**

This novel offers rich insight into the life of Tally, a neurodivergent teenager. We experience the extreme impact bullying has on someone perceived as different, but are also given hope that truly empathetic adults can change young people's lives.

Scholastic



## **Quiet Storm** **Kimberly Whittam**

A joyous book about growing up and finding your voice. Meet Storm, whose shyness limits her life. But Storm has a talent for running. With the support of empathetic teammates, her confidence grows and she abandons her toxic friendship circle and becomes a sporting hero.

Usborne



**"We need to stop 'bolting on' work on young people's socio-emotional skills. EmpathyLab's strategy of integrating work on empathy with literacy and reading for pleasure is efficient, and hugely potent."**

Professor Robin Banerjee, University of Sussex

**MISSION**  
**EMPATHY**



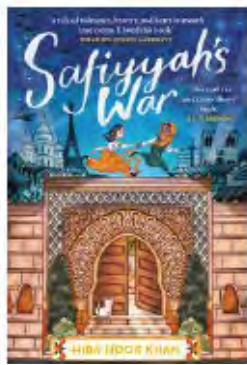
# Novels



## **You Think You Know Me\*** **Ayaan Mohamud**

Hanan is a remarkable young woman, a high-flying Muslim student confronted with racism and violence. When her brother is attacked, Hanan can no longer stay silent. A thought-provoking novel that shows how damaging relying on preconceived ideas and stereotypical judgements can be.

Usborne



## **Safiyyah's War** **Hiba Noor Khan**

A beautifully constructed story with unforgettable characters. Safiyyah is a Muslim in Paris courageously working with the Resistance to save persecuted Jews. A book that shows how empathy and commitment to our shared humanity cut through religious and cultural divides.

Andersen Press



## **SOLD: What Will It Take to Find Freedom?\*** **Sue Barrow**

Stories bring insight into circumstances beyond our experience. This heartbreaking novel introduces Roza, a fifteen-year-old Albanian girl sold into slavery. Roza has the same hopes and loves as most fifteen-year-olds but is trapped in a desperate situation. An unforgettable read.

Cadence Publishing



## **Promise Boys\*** **Nick Brooks**

A compelling mystery thriller the impact of class, privilege, system power inequalities. Fast-paced characterisation, this is a nuan story that will keep you gripped

Macmillan

A \* symbol indicates titles that are more suitable for older readers and books with themes that may need to be introduced with caution



## **Swimming on the Moon** **Brian Conaghan**

This reassuring story explores the bond between Anna and her non-verbal autistic twin brother, their anxiety as they watch the breakdown of their parents' marriage and how they support each other through the most difficult period of their lives.

Bloomsbury Children's Books



## **Sing If You Can't Dance** **Alexia Casale**

Ven is an outspoken and determined teenager coping with chronic pain. She is angry, sometimes frustrated, but she is also a great problem solver and is driven to find new ways of fulfilment. This is an authentic story of courage, hope and love.

Faber

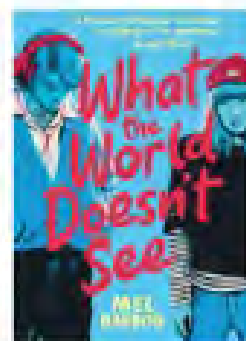
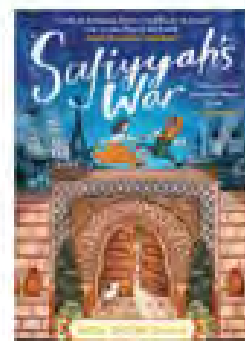
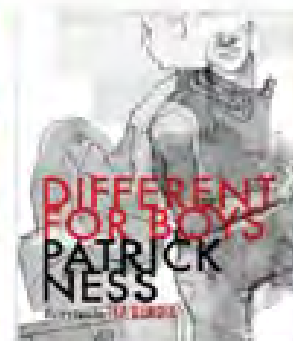
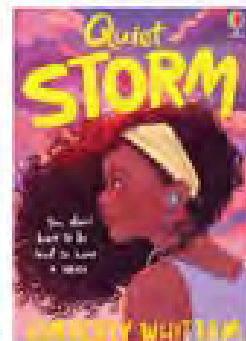
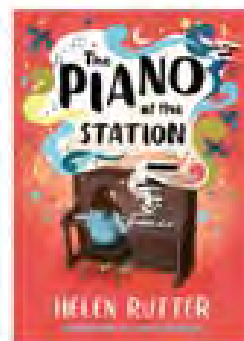
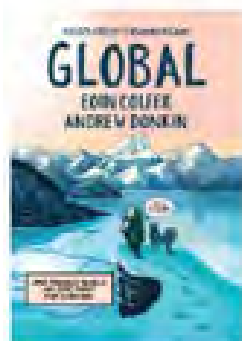
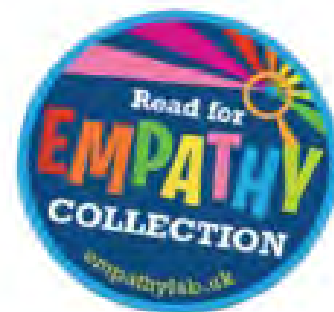
## **Away With Words** **Sophie Cameron**

Gala has moved from Spain to Scotland. She's deeply unhappy in a country so different from home with an unfamiliar language. But the very words that isolate Gala are her key to making new connections and starting to settle.

Little Tiger



A \* symbol indicates titles that are more suitable for older readers.



## Read for Empathy Collection 2024

A guide to empathy-building books  
For young people aged 12-16

How does empathy work?

Graphic and Verse novels

Poetry

Non-fiction

Novels

Top tips

@EmpathyLabUK

[www.empathylab.uk](http://www.empathylab.uk)

#ReadForEmpathy