Meet your favourite character

_The whole family can take part in this activity._

Choose your favourite storybook character. You’re about to meet them!

| You will need: | a piece of paper | a pen or pencil | imagination! |

Walk into a room and close your eyes.

As you open them, **imagine your favourite character is standing there.** They tell you it’s their birthday!

**Tell someone you live with who the character is and what you would give them as a birthday present.**

Next, imagine you’re making them their favourite birthday treat. **What would you give them to eat?**

Now draw a fridge with an open door, with shelves full of their **favourite foods**. Ask your whole family to join in with ideas!

We'd love to see your drawings! Ask a grown-up to share a picture on social media @EmpathyLabUK #EmpathyDay

#EmpathyDay - Read stories. Build empathy. Make a better world.