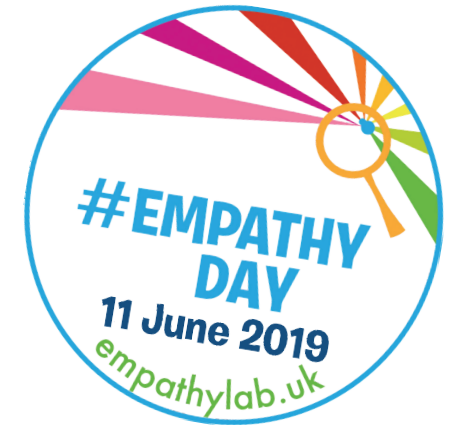




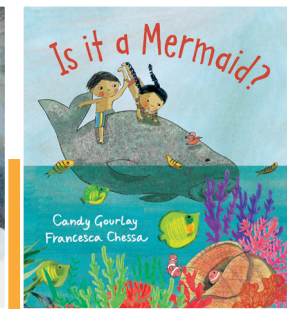
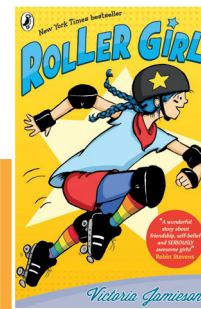
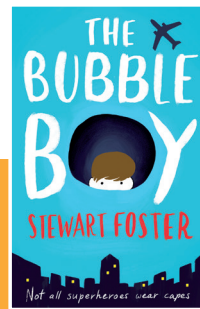
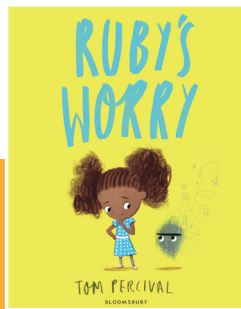
**Peters**

Official book supplier



# EmpathyLab

Read stories. Build empathy. Make a better world.



## 2019 Read for Empathy Guide

30 books to build empathy - for children aged 4-11

#ReadForEmpathy

How does empathy work?

Picture books

Novels, poetry, graphic novels

Top tips

# EmpathyLab

Read stories. Build empathy. Make a better world.

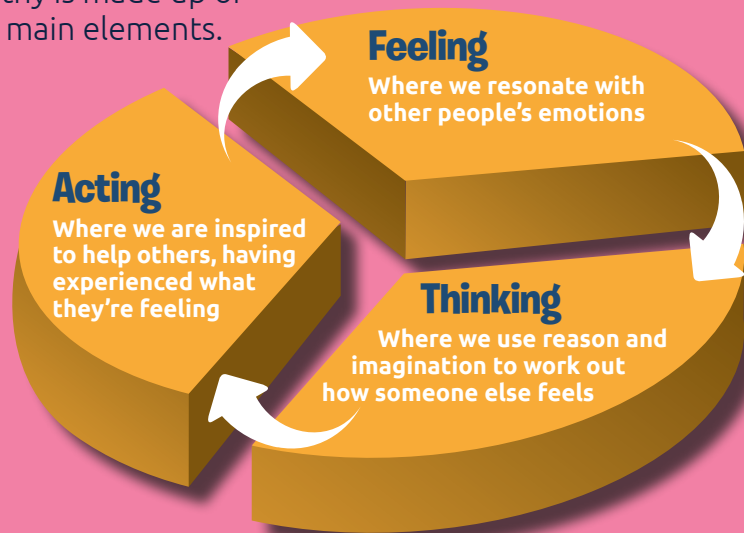
Empathy is a human super-power which helps us all understand each other better. It is also an essential social and emotional skill, crucial if children are to thrive.

We're not born with a fixed quantity of empathy – it's a skill we can learn. Excitingly, research shows that books are a powerful tool to develop it, because in identifying with book characters, children learn to see things from other points of view. So when you read with children you can build their empathy skills at the same time.



## How does empathy work?

Empathy is made up of three main elements.



## The 2019 Read for Empathy Guide

An expert panel has chosen these thirty fantastic books for 4–11 year olds, excellent for building children's empathy. They offer powerful insights into other people's feelings, and develop understanding of different ways of life and issues people face, such as being bereaved, or becoming a refugee. We hope they will inspire children to turn feelings of empathy into action – in their homes, schools and communities.

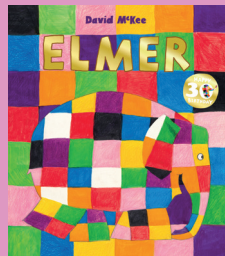
The guide is brought to you by EmpathyLab, in partnership with book supplier Peters. You can use it all year round, and it will be especially useful in the run up to Empathy Day on 11 June 2019. Please join in! Register for updates at [www.empathylab.uk](http://www.empathylab.uk).

# Picture books and poetry

Picture books can powerfully inspire empathy through their special interplay of words and illustrations. This selection is perfect for 4–11 year olds, and we've used this symbol\* where they are best suited to older children. We believe no child is ever too old for a great picture book.

Keep an eye on [www.empathylab.uk](http://www.empathylab.uk) for extra resources

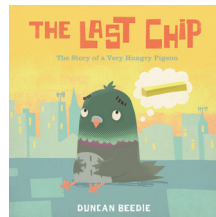
## EMPATHY CLASSIC



### Elmer David McKee

Elmer is struggling to be like all the other elephants, until they show him it's his difference that they love. Great for helping children see how to step into someone else's shoes.

Andersen Press



### The Last Chip Duncan Beedie

A hungry pigeon is denied food by bigger, bullying birds. Lovely, unexpected ending when a homeless person comes to the rescue. A delightful, non-didactic book, great for perspective-taking and insight into others' lives.

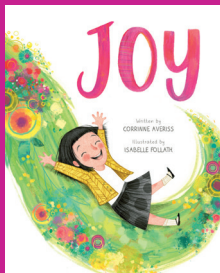
Templar Publishing



### Odd Dog Out Rob Biddulph

A scarf-wearing dachshund feels uncomfortably different. A fun book for helping children explore the absurdity of 'in' and 'out' groups.

HarperCollins Children's Books



### Joy Corrinne Averiss

Illustrator Isabelle Follath

Fern is troubled by how sad her granny seems and is working out how to capture and pass on 'joy'. Great for talking about emotions and really grasping what someone else needs.

words & pictures

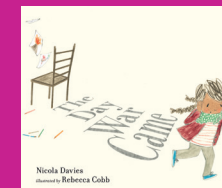


### If All the World Were... Joseph Coelho

Illustrator Allison Colpoys

A hugely imaginative exploration of a girl's feelings as she comes to terms with her grandad's death. A gentle springboard to help children understand their own and others' experience of loss.

Frances Lincoln Children's Books

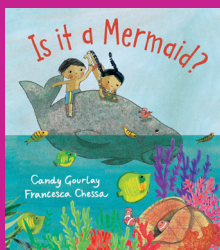


### The Day War Came\* Nicola Davies

Illustrator Rebecca Cobb

War closes doors to refugee children. Davies's wonderful storytelling opens up powerful insights into how it feels to be escaping from conflict zones. Provokes solidarity, action and tears.

Walker Books

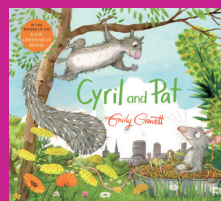


### Is it a Mermaid? Candy Gourlay

Illustrator Francesca Chessa

Two children try hard to be tactful when a sea cow becomes convinced it's really a mermaid. Hilarious, tender, deep. Perfect for talking about different perspectives.

Otter-Barry Books



### Cyril and Pat Emily Gravett

Can a rat and squirrel be friends? The park's creatures think not. Cyril and Pat's closeness wobbles, but connection prevails. Combats divisions caused by prejudice about being different.

Two Hoots



### Sweep Louise Greig

Illustrator Júlia Sardà

Ed is swept up in a very angry mood and just can't let it go. A creative, playful story encouraging the recognition and processing of emotions.

Egmont Books

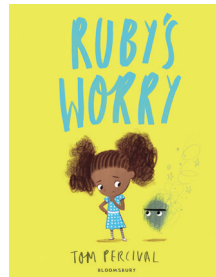
# Picture books and poetry continued



## Along Came a Different Tom McLaughlin

The reds, blues and yellows can't get along. A zany, light-hearted look at how to deal with discrimination. Very cleverly builds children's ability to see different perspectives, a skill fundamental to empathy.

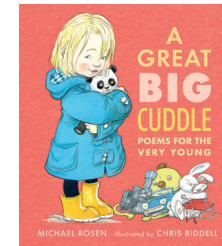
**Bloomsbury Children's Books**



## Ruby's Worry Tom Percival

Sensitively illustrated book about untamed worries taking on monstrous proportions. Gives children a language and metaphor to talk about their own and other people's anxieties.

**Bloomsbury Children's Books**

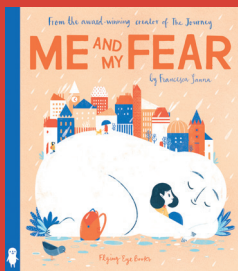


## A Great Big Cuddle Michael Rosen

**Illustrator Chris Riddell**

Lovely collection of poems inspiring reflection on emotions and our need for affection, compassion and above all empathic connection.

**Walker Books**



## Me and My Fear\* Francesca Sanna

A thought-provoking visual personification of a girl's feeling of fear, which magnifies when she's in a strange country. Helps children understand how profoundly fear can lead to isolation and anger.

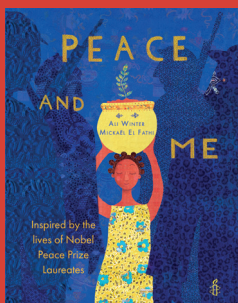
**Flying Eye Books**



## How to be a Lion\* Ed Vere

A gentle lion is friends with a duck, and no one approves. A magical book, delving into how we can all be truly ourselves, and, from that basis, relate well to others.

**Puffin**



## Peace and Me\* Ali Winter Illustrator Mickaël El Fathi

Beautifully illustrated non-fiction book about Nobel Peace Prize Laureates who used empathy to imagine how life could be different in their communities and acted dynamically to improve things.

**Lantana Publishing**

*'If other people, who maybe aren't so nice, read some of these books, they would change the way that they acted. They would think more and maybe understand more.'*

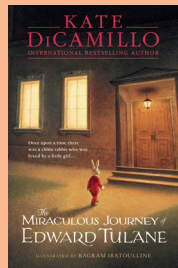
**Romy, age 10**

# Novels and graphic novels

Fourteen superb stories and a graphic novel to help children immerse themselves in other people's lives. Perfect for 7–11 year olds, with this symbol\* showing those suitable for the top of this age range.

The symbol\*\* denotes books which are demanding, often emotional reads, suitable for emotionally mature readers. Please read them to decide which children they are appropriate for.

## EMPATHY CLASSIC



### The Miraculous Journey of Edward Tulane Kate DiCamillo

Edward is a rabbit with a cold heart which gradually melts as he experiences the kindness of strangers and realises what it means to feel loved. Extraordinary writing.

Walker Books

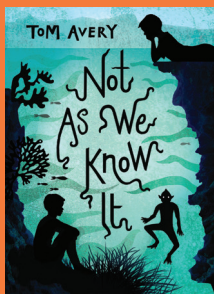


### The Tale of Angelino Brown David Almond

Illustrator Alex T. Smith

Angelino is a tiny giggling boy angel who overcomes evil plotters. About how caring for each other makes people happy. A deceptively easy read with a heart of gold.

Walker Books

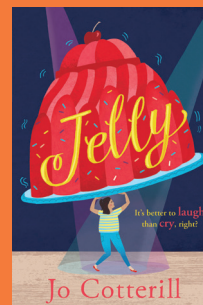


### Not As We Know It Tom Avery

Illustrator Kate McKendrick Grove

Jamie is facing the loss of Ned, his sick twin, in a whirlwind of love, jealousy, fear, acceptance. Unusual, honest book with magical qualities and a merman playing a starring role.

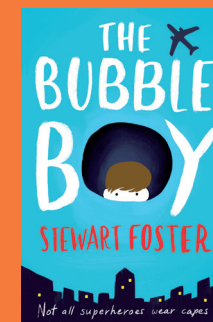
Andersen Press



### Jelly\* Jo Cotterill

Jelly is funny and loud, but hurting inside, especially about her weight. We see the real person through her poetry, learning and caring as we read.

Piccadilly Press



### The Bubble Boy\*\* Stewart Foster

Joe must live in a bubble in hospital; Amir plots to spring him. Illuminating insights into the feelings of children with incurable illnesses, a great cast of characters and hilarious, hopeful moments.

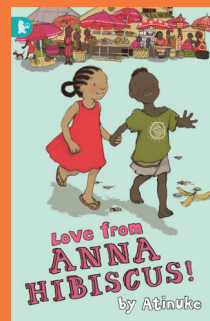
Simon & Schuster



### Ella on the Outside Cath Howe

Ella has no friends and her dad is in prison. Gradually, painfully, she finds a friend in Molly. Immensely readable way of understanding the feelings of children in troubled circumstances.

Nosy Crow



### Love from Anna Hibiscus! Atinuke

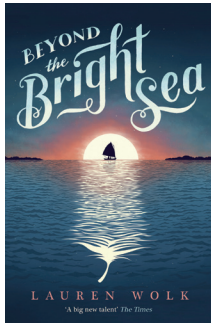
Illustrator Lauren Tobia

Young Anna is a life force, intent on making a difference in her African community. Sensitive handling of unthinking attitudes to inequality and full of insights into lives lived very differently. Seriously lovely stories.

Walker Books

Keep an eye on [www.empathylab.uk](http://www.empathylab.uk) for extra resources

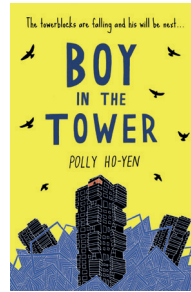
# Novels and graphic novels continued



## Beyond the Bright Sea Lauren Wolk

A child rejected by fears of disease, longing to find her family. A man who needs to love. Powerful historical novel, with feisty characters whose clear voices open up our experience of fear and family love.

**Corgi Books**



## Boy in the Tower Polly Ho-Yen

Tough, rollicking sci-fi adventure as a tiny, surviving tower-block community battles the murderous Bluchers. Strong central character who engages and expands the reader's emotions. Really sticks in the mind.

**Corgi Books**



## Roller Girl Victoria Jamieson

Feelings-packed graphic novel about Astrid taking on the challenge of roller-skate derbys. Fun, easy read as you journey with her through life's mistakes and difficult choices. Great on relationships.

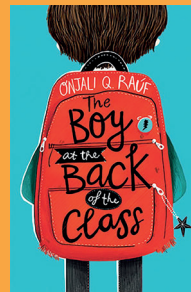
**Puffin**



## The White Fox Jackie Morris

Sol is disconnected from his Inuit roots after his mother dies. Then a white fox is lost in Seattle's dockland, and together they find their way back home. Mysterious, lyrical, with beautifully drawn feelings.

**Conkers, Barrington Stoke**



## The Boy at the Back of the Class Onjali Q. Rauf

**Illustrator Pippa Curnick**

Three charming, warm-hearted children go on a crazy adventure as they try to reunite refugee Ahmet with his family. Powerfully shows how empathy can inspire action.

**Orion Children's Books**

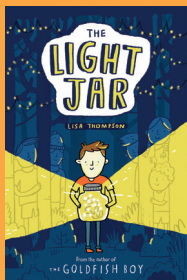


## The Distance Between Me and the Cherry Tree Paola Peretti

**Translator Denise Muir, illustrator Carolina Rabei**

A mystical, semi-autobiographical novel about a girl who is going blind. Well developed characters, including the boy who becomes her friend. Poignant, moving.

**Hot Key Books**



## The Light Jar\* Lisa Thompson

Nate and his mum escape domestic abuse but then she disappears. Exciting story which builds understanding of human psychology as Nate's imaginary friend comes to his aid.

**Scholastic**



## The Fox Girl and the White Gazelle\*\* Victoria Williamson

Two lonely, alienated girls – a Syrian refugee and an angry young carer – unexpectedly make friends when faced by the challenge of saving local foxes. Lots of emotional insights.

**Kelpies, Floris Books**

*'Empathy is a quality of character that can change the world'*

**Barack Obama**

# Top tips

**Family sharing** Sharing books as a family builds empathy, especially when you choose books which help children understand different lives. Try watching <https://vimeo.com/267653786>

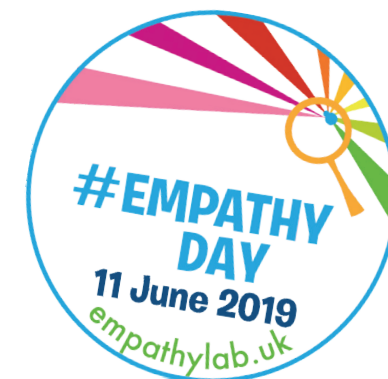
**Empathy in action** Research shows that empathy plays a big role in our hunger for social justice. Look for books with themes that inspire children to become social activists.

**Focus on characters** Try focusing on the characters more than the plot. Ask gentle questions about the characters' feelings.

**Take reflective time** Try to give children reflective time – listen carefully as they explore what they've learnt from the book, about themselves and other people.

**Ask great questions** Ask questions that open up a deep dialogue and treat children as equals – 'Which character interested you most?' 'How do you think the character felt?'

**Help recognise feelings** Help children recognise and name feelings. As you talk, pick up on new words and share what they mean, e.g. "I'm wondering how Cyril felt when he had to play alone without Pat?" (*Cyril and Pat*, by Emily Gravett)



## EMPATHY DAY, 11 JUNE 2019 – READ STORIES. BUILD EMPATHY. MAKE A BETTER WORLD.

**Empathy Day is all about helping us understand each other better**, the day to take new steps on our empathy journey...

- Have a new conversation about harnessing empathy's power to build a better world
- Step out of our bubble and make new connections with each other
- Celebrate a dynamic new wave of empathy work, in our schools and libraries

**On Empathy Day we want everyone to...**

- **Read:** because stories and book characters build our real-life empathy
- **Connect:** make new connections with people, inspired by sharing stories
- **Do:** put empathy into action, in your home and your community

Go to [www.empathylab.uk](http://www.empathylab.uk) [@EmpathyLabUK](https://twitter.com/EmpathyLabUK) to find out more, and be sure to share your **#ReadForEmpathy** recommendations on the day!

### How to get involved

READ	CONNECT	DO
It builds real-life empathy	Join the Empathy Conversation	Put empathy into action
Find and share empathy-boosting books – use <b>#ReadForEmpathy</b>	Snap up tickets to The Empathy Conversation, Waterstone's Piccadilly: 203-206 Piccadilly, London W1V 9LW, 7 p.m. on Empathy Day, 11 June 2019	Make an Empathy Resolution – special cards available in March
Use our <b>Read For Empathy Guides</b> For young people <a href="http://www.empathylab.uk/read-for-empathy-guide">http://www.empathylab.uk/read-for-empathy-guide</a>	Use <b>#EmpathyDay</b> to share which social issues need more empathy	Teachers: sign up; use our training, booklists, Empathy Day packs
Check out your library's empathy books and activities	Meet someone different at libraries' Empathy Conversation events	Librarians: sign up; pilot the Empathy Conversation events
Follow the special author blog tour; listen to their podcasts at <a href="http://www.empathylab.uk">www.empathylab.uk</a>	Make a giant workplace Empathy Wall – share ideas for changing things	Buy the complete Read For Empathy book collection for 26% off: <a href="http://www.peters.co.uk/empathy2019">www.peters.co.uk/empathy2019</a>

# EmpathyLab

Read stories. Build empathy. Make a better world.

## Empathy is a beacon of hope in a divided world: join our 2019 programme

EmpathyLab now offers training and Empathy Day toolkits for schools and libraries interested in building young people's empathy, literacy and social activism.

To find out more, go to [www.empathylab.uk](http://www.empathylab.uk). For specific training enquiries, contact [miranda@empathylab.uk](mailto:miranda@empathylab.uk)

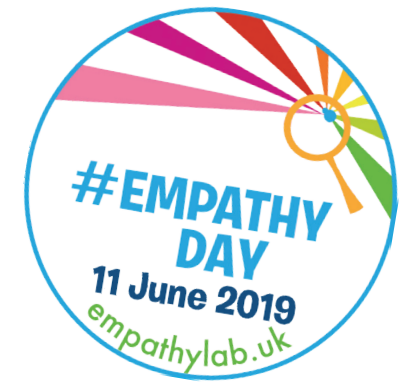
## How to order the books in this guide

Order the Read For Empathy book collection at [www.peters.co.uk/empathy2019](http://www.peters.co.uk/empathy2019) and enjoy 26% off plus a free display poster.

If you have any queries do not hesitate to contact us on **0121 666 6646** or email [empathy@peters.co.uk](mailto:empathy@peters.co.uk)

## Thank you to everyone who has helped with this Guide

- Selection Panel: Jon Biddle, Aimee Felone, Paul Harris, Nicolette Jones, Nicky Parker, Sarah Mears, Farrah Serroukh
- Our partners at Peters and the Centre for Literacy in Primary Education
- Publicity: Fritha Lindqvist
- Leaflet editing: Talya Baker
- Print: Penguin Random House



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