

#EmpathyDay Activity

Meet your favourite character



"When I'm starting to write a new book, I need to imagine who my characters are. One way I do this is to think about what might be in their fridge, and what that might tell us about them.

Try it yourself. Special occasion, special diet? You decide."

Bali Rai, Author

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!

Visit the Empathy Day website for more activities:
www.empathylab.uk/family-activities-pack

What's inside your character's fridge?



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