

Empathy Primer

Hello! & "Serwus!"

Empathy. What is it? And what is for?

My name is Ala and I really like to run as fast as the wind. Sometimes I also think that the world needs superheroes and superheroines... Do you want to know what powers you have? Check out what the "Empathy Primer" is with me.

EMPATHY is the power to understand feelings. It has many different elements. This power can be acquired by anyone!

Map

I

A lot of emotions flow through us every day. What feelings do you know of? Which are the strongest? Which ones make you spend energy?

Discover your feelings. Understand emotions and gain the superpower of mindfulness!

Let's get to know each other! Think about how you perceive feelings. Combine your emotions with how your body makes you feel.

Rage	goosebumps	turning pale	dizziness	trembling
Anger			frowning	hiding your face
Joy		light body	calm breathing	tail wagging
Enthusiasm			bright eyes	holding your breath
Shame	quick heartbeat	a lot of energy	frozen on the spot	calm face
Repulsion			sweating	stone in your belly
Delight	curl up in a ball	feeling heavy	purring	
Pride		scream		
Anxiety				
Fear				
Hope				
Curiosity				
Disappointment				
Amazement				
Satisfaction				
Despair				
Sadness				
Tranquility				
Confidence				

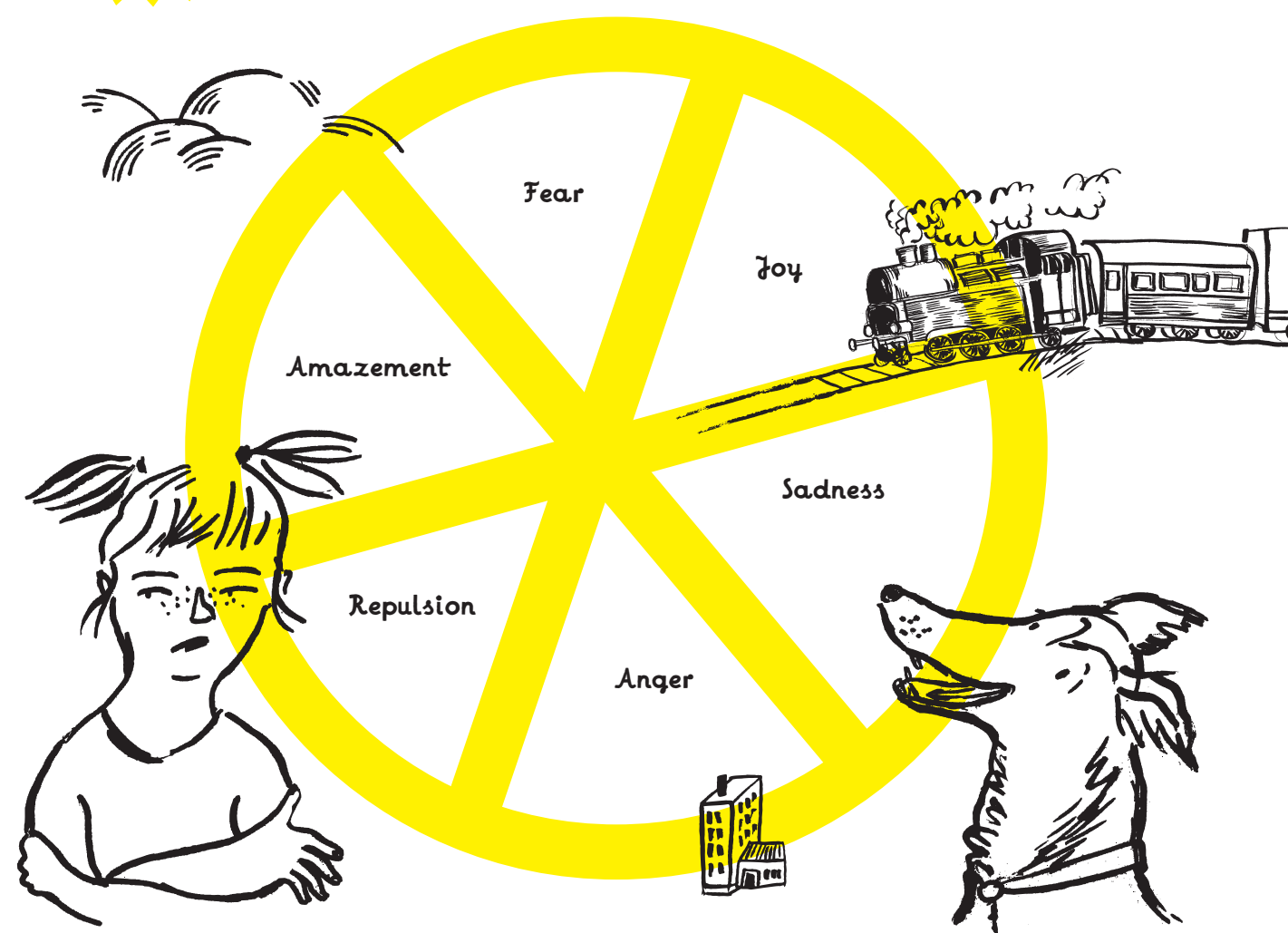
The Land of Emotions

A journey to the land of...

Imagine that you are travelling by train to the land of Joy, Sadness, Anger, Repulsion, Amazement, Fear... At each destination, you stop and greet the inhabitants of these lands. Describe what gestures and words how the citizens of Sadland and the States of Joy greet each other! Do you know what the people in the Land of Repulsion say when greeting each other?

How do you feel today?

Take a look in the mirror: which land are you from today?



Hello, adult person – you are important here! Travel through our exhibition together with your child. Read, chat, explore and have fun!

Empathy is recognising feelings...in oneself and in others.

Did you know that you can get the power to express your emotions, but not necessarily "control" them?

Ex-
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-tion



The "Empathy Primer" exhibition was created at the Mark Edelman Dialogue Centre in Łódź as part of the celebration of the Year of Alina Margolis-Edelman (1922–2008) and inspired by her biography. Alina was a resident of Łódź, a doctor, a friend of children and a social activist. She was known as Ala from the "Elementary" by Marian Falski. She has helped refugees and victims of armed conflicts and violence around the world. Together with her co-workers, she founded the Empowering Children Foundation in Poland, which to this day provides comprehensive help for children experiencing abuse. Her biography is the story of a real-life superhero whose power was empowering change using empathy.

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The map is designed to support and inspire visitors to the "Empathy Primer" exhibition. The proposed exercises are based on the assumptions of Third Wave Cognitive Behavioural Therapy.



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#empatia

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Other

Learn about different stories. Gain the superpower of curiosity.

Making your way around can sometimes be difficult...

Look at the picture of the forest on display. These refugees have ended up here. Talk to adults about what happens to people who have been forced to leave their homes. How can you help them?

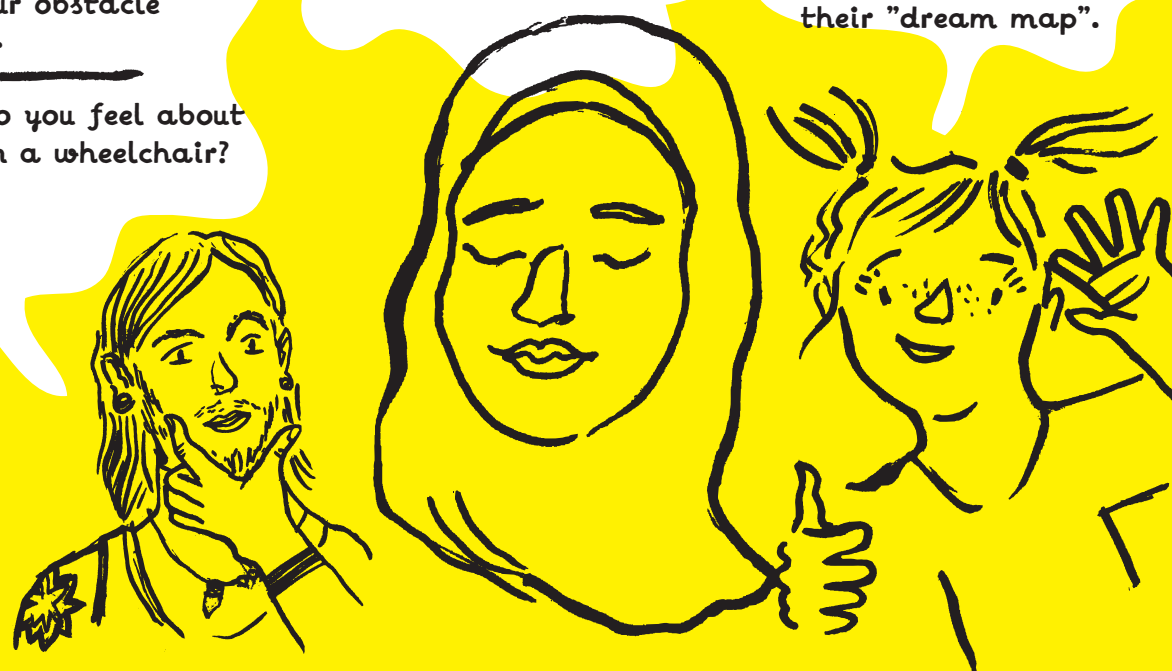
I've found a second home in Poland, but I miss my first one...

What stories do you know about children from Ukraine who have recently come to Poland? What did they run away from? Draw their "dream map".

Can small barriers be big obstacles?!

Imagine that your leg is seriously injured – you are now someone who is differently abled. Or maybe you want to help a person in a wheelchair? Take our obstacle courses.

How do you feel about being in a wheelchair?



Home

Do you know what the recipe for "home" is? The secret lies not only in the ingredients, but in how they are combined! A bit like an apple pie: you can't knead the pastry too much... And what do you think about your family? Who makes up your HOME? Who is important to you?

* You can be the most important person to yourself! Talk to yourself... Maybe write a letter to yourself?



Space for your letter



This is the first place to learn empathy. As an adult, you are very important here!

Community

What does "shared space" mean?

Who really owns the streets, neighbourhoods, park or playground?



Take into account different needs.
Gain the superpower of tolerance!
"Shared" means "for all". Who looks after everyone around you? Yes, you're right: the authorities, professionals... And who else? Replace a "cannotdoit" attitude with an engagement activity!

- Put a U by the best ways to train your superpower:
- ☐ I see litter in the park or playground on my walk? I throw it in the bin
 - ☐ I go for walks in the forest? I take a bag and pick up the bottles and cans that were left behind.
 - ☐ Is it hot? I collect water (e.g. from rinsing fruit) and water the plants in front of the house
 - ☐ I put out water for wildlife in spring and summer. I clean up after my dog.
 - ☐ Is there an election coming up? I ask adults to teach me how to vote!

Empathy is recognising diverse people around you and responding to their needs with respect for yourself and your borders.

Animals

Rights...
Make a poster about what rights animals have. Encourage others to do the same. Organise an exhibition in your school, kindergarten or maybe in your neighbourhood!

"An animal, as a living being capable of feeling suffering, is not an object. Humans owe them respect, protection and care!" (Law on the Protection of Animals, Polish Parliament)

"All animals are born equal to life and have the same rights to exist"(World Declaration on the Rights of Animals, UNESCO)



Gain the superpower of caring This is how the superpower of empathy is demonstrated!

Nature



Admire nature.
Gain the superpower of a vivid imagination!

Did you know that there is a shortage of water where I used to live? No... not just in the tap. There are dried-up riverbeds, now water in the wells, no water from the rain... Some people decided to look for a new place to live. Animals have always been wandering. Because everything in nature is free...

Let's respect its freedom. And let's take care of nature's resources. Although we live on different continents, we share a common home - the Earth!

Empathy includes caring for what is our common good. Our lives depend on it.

The Cave of Silence

Gain the superpower of tranquillity.
What does silence sound like? What do you hear in it? Think about what is calming...

Empathy begins with "me" - take care of yourself...

Be like Alina

Do you know of any organisations that are dedicated to helping others? Who will you support with your actions? Decide how you want to change the world for the better.



Vote. Use your superpower. And act!	
Human rights	Amnesty International Poland Ocalenie (Rescue) Foundation
Nature conservation and animal rights	Otwarte Klatki Association The Centre for Environmental Activities ŹRÓDEŁA
Health	The Great Orchestra of Christmas Charity Dom w Łodzi Foundation
Education	The Centre for Citizenship Education Społecznie Zaangażowani Association
Supporting children	Empowering Children Foundation Działania Foundation

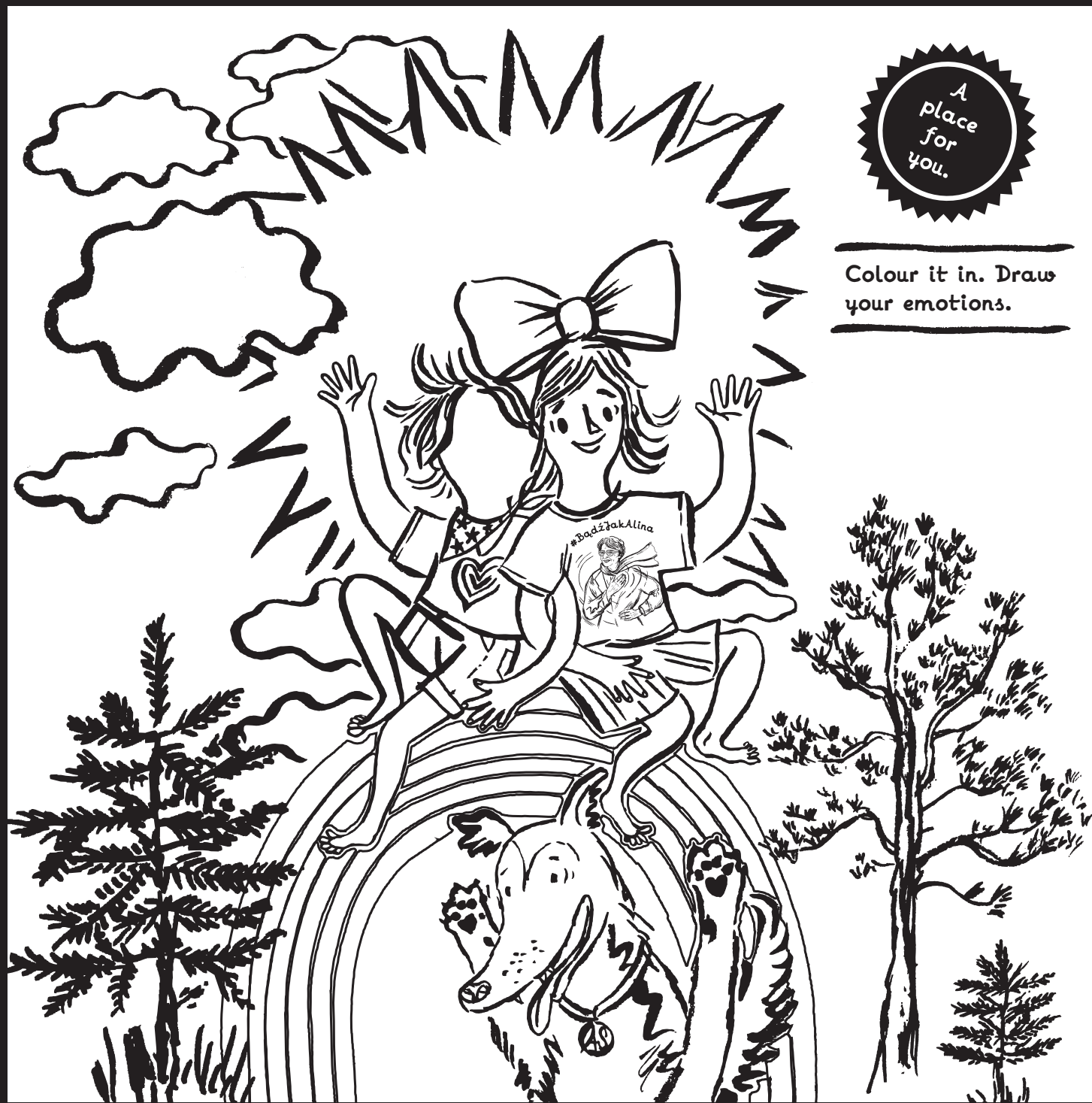
Empathy can be a motivating force for change.

How do we learn to respect nature?

Step one: Form a relationship, or let yourself be delighted
Getting dirty is awesome! Do you know how many jumps it takes to splash water out of the biggest puddle? And which tree (on the square near the apartment block, in the park or in the forest) is safe to climb? Check it out! Why not invite your friends to do the same? Agree with adults on somewhere that you can enjoy nature on your own.

Step two: Curiosity and wonder
Before a trip to the park or forest, or even to the square near the apartment block, prepare some cards with an adult:
"This is awesome!"
"What is that?"
"I'm afraid of that..."
"Oh! it's so beautiful..."
You can attach them to sticks. During your walk, find the places or elements of the natural world that attract you most. Guide an adult around your "living gallery". When you're finished, you can take a photo or make a drawing. What do you want to find out? Do you know why you are afraid of something? Afterward, clean up after yourself.

Step three: Responsibility
Go to a forest or park, take a quiet walk, look at your surroundings. Hug a tree or lie down on the grass, moss, dry leaves... Adults can do it too! Close your eyes and listen to life... Imagine that you are a small tree. Try to look for the answers to some questions: Why am I alive? What is breathing? What is most important? How do people live? What adventures does the little tree have? Compose a "Green fairy tale". Share it with others. Write it down!



A place for you.

Colour it in. Draw your emotions.