

# Empathy Writing Recipe

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You will need...

- **Looking eyes** to spot feelings
- **Listening ears** to hear how people talk
- **Drawing hands** for quick sketches which help you imagine characters
- **A calm moment** to tune into your characters' emotions



## Ingredients

- **A character** – someone (or something!) you care about
- **A problem** – a worry or event that's grown too big to ignore
- **Feelings** – the emotional flavour of the story
- **Struggle** – attempts, failures, obstacles, misunderstandings
- **Change** – how empathy (or the lack of it) transforms your character
- **Decoration** – delicious description



**Tip!**

Read aloud as you write ("taste" as you go along!) Stories are meant to be heard!

# Method

## 1. Mix Your Character



What do they love? What scares them? Who do they care about? These details hold your story together. Try drawing these details to explore your character from the inside out.

## 2. Add the Problem

Why is this problem tricky or upsetting? Stir in the real reason it matters.



## 3. Sprinkle in Feelings

Show feelings through actions: stomping feet, quiet voices, wobbly hands. Feelings give your story flavour.



## 4. Knead the Struggle

Your character tries to fix things... but bumps into obstacles.



## 5. Watch for Change

Does your character learn something or feel differently? Does empathy help them see another point of view?



## 6. Bake the Ending

Try returning to where we started, but with a twist – what has changed?



## 7. Decorate

Let your story “cool”, then add sprinkles: descriptive words, clearer feelings.



# Timings

- **Beginning:** meet your character
- **Middle:** the problem and the struggle
- **End:** the change and the feeling that stays

Empathy  
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