



# JUST TRYAN IT IT EMPATHY GYM

Welcome to the Empathy Gym! The goal of this program is to spark empathy, expand our community and inspire you to make a difference in the lives of others. Research shows that through practice, we can develop empathy and become kinder and happier as a result. Through the practice of these activities you can develop your empathy muscles and train to be a champion of caring.

	THEME	ACTIVITY	REFLECTION
<b>ACTIVITY 1</b>	Story Reflections: Identify and name your feelings	<b>Story Reflections</b>	What is your favorite book? How does that book make you feel?
<b>ACTIVITY 2</b>	Just Like Me: Find common ground with someone who appears different.	<b>Just Like Me</b>	Read about one of the <b>JTI STARS</b> . How do you feel when you read their story?
<b>ACTIVITY 3</b>	Try it Like a Hero: success requires perseverance	<b>Try It Like A Hero</b>	Name your real life superhero. What lessons have you learned from them?
<b>ACTIVITY 4</b>	Call to Action! Take on a challenge.	<b>Miles for the Mission</b> Register Today!	How do you feel when you do something you thought you could not?
<b>ACTIVITY 5</b>	Cost of Cancer	<b>Family Reach Financial Guidebook</b>	What are some of the tough decisions families need to make when going through cancer treatment?
<b>ACTIVITY 6</b>	Health Equity	Read <b>Social Determinants Must be Addressed to Advance Health Equity</b> .	What does the ideal community look like to keep people happy and healthy?
<b>ACTIVITY 7</b>	Cancer impacts the whole family.	Learn about <b>Special Love and BRASS Camp</b> , a camp for the siblings of cancer patients.	If someone in your family got sick, how would your life change?
<b>ACTIVITY 8</b>	A community of support	Search up two other organizations that support cancer patients.	If you could create an organization to help people with cancer what would it do?
<b>ACTIVITY 9</b>	Comforting Others	Comfort Activity	Share a time when you gave comfort to someone else?
<b>ACTIVITY 10</b>	A Call to Action	<b>Miles for the Mission</b> Find a friend and encourage them to register	What does it mean to you to do something for someone else?
<b>ACTIVITY 11</b>	Gratitude	<b>Gratitude Scavenger Hunt</b>	What are three things you were grateful for this week?

