



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

