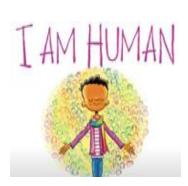


I am Human: A Book of Empathy

By: Susan Verde Illustrated by: Peter H Reynolds

The book 'I am Human" explores the connections we have in common, through the emotions we experience and the potential we all possess to move beyond our struggles and differences; the ability to know each other and ourselves on a deeper level, celebrating the similarities of the human experience. Take a moment to reflect on a few lines from the book, and consider how they might encourage and inspire you today!



"I am human..."

Think about a time you felt a deep connection to a person or group of people

- What was it that made that connection meaningful?
- Write your thoughts in a journal.

"I have endless curiosity, and make discoveries..."

How do you nurture your curiosity? The curiosity of those around you?

- How does it feel to discover something new?
- What's one way you can practice curiosity today?

"I am not perfect, make mistakes, hurt others..."

- Reflect on a time you hurt or were hurt by another, with words, actions or silence.
- How did you handle the situation?
- How did you repair the relationship?
- Is there someone you need to make amends with? Take the opportunity!

"I have a playful side. I find joy in friendships..."

Bring to mind 2-3 of your closest friends.

- What sparks joy in those relationships?
- Write a note to them to let them know they are important to you.

"Kindness and thoughtfulness transform poor choices..."

- Name one situation that changed because you approached it with thoughtfulness.
- Write down a thoughtful plan to show kindness to others today...

"I can keep trying to be the best version of me... I can have hope..."

- What does the best version of you look like?
- What is giving you hope right now?
- Create a visual reminder to bring the best version of yourself to those around you.