



I am Human: A Book of Empathy

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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.