

Empathy Resources

Articles

On growing empathy skills, full of links to research on empathy: [Cultivating empathy](#)

Contains interesting empathy building exercise: [The Power of Empathy | Edutopia](#)

Science on theory of inner imitation - existence of neural relay system that allows empathic individuals to exhibit unconscious mimicry of the postures, mannerisms, and facial expressions of others [The Science of Empathy - PMC](#)

“Only by listening to others can I become aware of the conceptual shackles imposed by my own identity and experiences.” [How Does Your Positionality Bias Your Epistemology?](#)

Videos

Empathy vs. Sympathy short cartoon (great for students) [Brené Brown on Empathy](#)

A collective perspective taking experience [Out of Eden Learn | Project Zero](#)

Privilege Walk exercise [What Is Privilege?](#)

CREATIVE ENGAGEMENT LAB

