

Empathy Challenge

(Or Traveling without Leaving Home)

Ride public transit for an hour. No talking. Listen.	Take flowers to the oldest person you know. Stay an hour	Spend three hours (even online) at a museum of another culture	Read an international newspaper	Invite a classmate you don't know to coffee, tea, ice cream, or pie
Create a 5-day itinerary to an int'l destination (you don't have to go)	Communicate in person only (no phones or computers) for one week	Share your favorite family food with a friend	Read a book set in another country	Listen to a radio station that's not to your taste
Spend an afternoon in a different library	Wear earplugs for an entire day	Be Yourself	Walk an hour away and introduce yourself to someone	Listen to a whole album in a different language
Use only a new news source for one week	Attend a service of a religion not your own	Sleep outside without a tent	Give someone the benefit of your doubt	Spend an evening with a friend's grandparent
Eat a meal of a new-to-you cuisine	Watch a movie with English subtitles	Ask someone how you can help. And do it	Live one day without speaking	Tell someone your secrets