



No One Eats Alone® Day 2023 will be celebrated on **February 17**. Our theme is *My Recipe for Empathy*, where students reflect on the unique traits and qualities that they bring to build an empathetic community and end social isolation in schools.



## Teach Empathy and Create Meaningful Connections

Bring **No One Eats Alone® (NOEA) Day** to your school:

- This day of action and program encourages youth to sit with others, find new friends, and model ways to end social isolation in the lunch room.
- Currently, over 2,500 schools in all 50 states participate in NOEA each year, **reaching over 1,000,000 students.**
- This program is offered at no cost to educators and student leaders thanks to our partner,



### WHAT'S INCLUDED



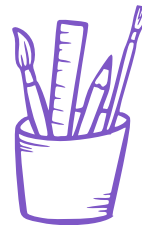
#### SEL educator lesson plans

Choose from class activities that help students develop their empathy skills, and promote new connections at school.



#### A Student Leadership Unit

Access a student leader guide to run a student-led community-building art activity for NOEA Day.



#### An Art Lesson Kit

Instructions and art supplies to create a powerful collaborative student art project that reinforces *My Recipe for Empathy*.



#### Featured Curriculum: *Fostering Immigrant and Refugee Empowerment*

Designed by our National Teen Board, this resource provides ways to create a sense of belonging to students new to the country.

**SIGN UP NOW!**

Register Here!



Email: [info@beyonddifferences.org](mailto:info@beyonddifferences.org)