

LESSON 11

Compassion Every Day

🕒 45min **Prerequisite:** Completion of Lessons 1-10

Objectives students will be able to...

- * List steps that lead to showing compassion.
- * Practice the steps that lead to showing compassion.

Materials

- * Compassion anchor chart
- * Markers (to add to the chart)
- * A/V for video
- * Compassion Every Day evaluation worksheets (1 per student)

Teacher Notes

When you practice compassion every day, it doesn't just makes others feel good, it makes you feel good too! When others see you practice compassion, they might choose to act with more compassion toward others so they feel good also. Research suggests that when you watch someone perform acts of compassion, that motivates you to want to act compassionately toward someone yourself. In this lesson, students will learn the steps to take in practicing compassion and will learn that compassion can spread.

Compassion is when you SEE someone in need, CARE about their feelings, and DO something to show you care

Opening

🕒 5 min

Format: Turn and talk, activate prior knowledge



Last time, we learned about having a growth mindset and not being critical of ourselves. Turn and talk to a neighbor about these questions: What was the first step in having compassion for ourselves and overcoming our inner critic? Have a couple of volunteers share out with the class. We've been focusing on ourselves and how we can show self-compassion for a while. Today, we're going to talk about how we can show compassion to others every day.

We learned before that showing compassion to others is when you SEE someone in need, CARE about their feelings, and DO something to show you care." Reveal anchor chart.

Let's check out a quick video together about showing compassion to others. In this video, look for someone who needs compassion and someone who shows compassion. Also see if you notice that they go through the 3 steps of compassion that we just reviewed.

Show video: [Take My Rat, Please!](#)

Debrief

🕒 5 min

Format: Whole group debrief

Review the 3 steps of compassion again with the anchor chart.

Discuss as a class:

- Who needed compassion? How did you know?
- Who had empathy for Tye and showed her compassion? How?
- What did David give up in order to show compassion to Tye?
- How did David go through the 3 steps of compassion with Tye?

Debrief Cont.

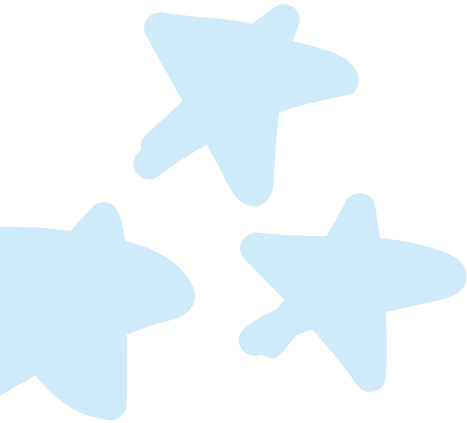
⌚ 5 min

Format: Whole group debrief

Activity: Skits

⌚ 15 min

Format: Skits, small group work, whole group discussion



Evaluation

⌚ 5-10 min

Format: Access individually

Extensions

Teacher evaluation on the next page

Have students turn and talk to a partner:

- Talk about a time when you needed compassion and someone went through the 3 steps to show it to you or a time when you showed compassion to someone else.

After students have shared with a partner, allow a few students to share with the whole group.

- * Let students know that they will now get the chance to practice following the steps of compassion by creating some skits.
- * Break students into 4 equal groups.
- * Give each group a scenario card.
- * Let students know that they will have about 10 minutes to create their skit, with 5 minutes at the end to perform them for the class.

Emphasize that the skits should include...

- Someone who needs compassion
- Someone who feels empathy for that person and shows them compassion with the 3 steps

While they rehearse, walk around the room and give hints/help/encouragement when needed.

Group debrief after each skit performance should include...

- Who needed compassion?
- Who showed empathy and then compassion? How?
- How did they follow the 3 steps?

Distribute the evaluation sheets individually for students to complete.

Display the compassion anchor permanently for student reference

Additional Suggested Reading for Students:

- The Three Questions by Jon J. Muth
- Please Please the Bees by Gerald Kelley
- Strictly No Elephants by Lisa Mantchev





Learners needing support:

Learners ready for extensions

Notes for next time

Scenario Card 1

Someone made fun of another student on the playground.



Scenario Card 2

Someone is sitting alone at lunch.



Scenario Card 3

A student fell in the hallway and other students are making fun of them.



Scenario Card 4

Someone got a bad grade on a test.



Compassion Every Day Evaluation

Name:

Date:

1. Name the 3 steps of showing compassion:

a.

b.

c.

2. Read this scenario and tell how you would go through the steps of compassion.

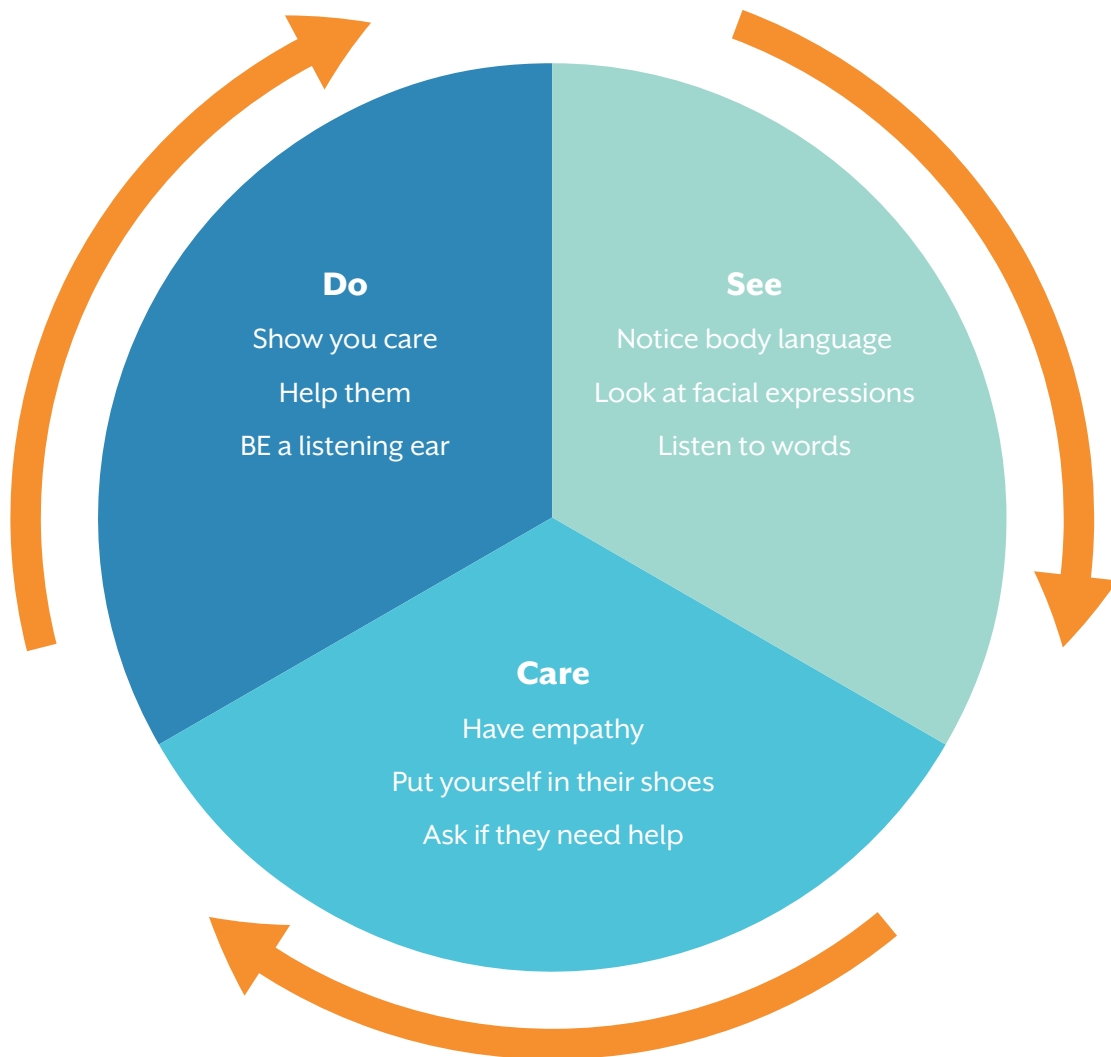
Your friend was playing basketball at recess. You were playing something else, but you look over and see that they are on the ground crying.

First, I would:

Next, I would:

Finally, I would:

Compassion Anchor Chart



See	Care		Do
<p>OBSERVE:</p> <p>Look and listen to those around you. What do you see and hear? Is someone upset, in need, or lonely?</p>	<p>HAVE EMPATHY:</p> <p>Think about how others feel and what it might be like to be them. Can you imagine how they might be feeling? Do you want to show them you care?</p>	<p>ASK:</p> <p>Ask others how they feel. Ask them what they need. Ask if there is something you can do to help or show them compassion.</p>	<p>ACT:</p> <p>Is there a way you can act with compassion? If so, show compassion by doing something to help, or to let others know you care.</p>