

LESSON 13

Compassion in Our School

🕒 45min **Prerequisite:** Completion of Lessons 1-12

Objectives students will be able to...

- * List barriers to showing compassion in a school (why it's hard sometimes) and ways to overcome those difficulties.
- * Describe how empathy and growth mindset can make compassion easier.
- * Practice acts of compassion and expressing gratitude.

Materials

- * A/V for video
- * Anchor chart: A Compassionate School
- * Markers
- * BINGO cards (1 per student)

Teacher Notes

By practicing empathy, compassion, and expressing gratitude, students can increase compassion in a school. According to research, students in school programs that focused on social and emotional learning show improved social and emotional skills, attitudes, behavior and academic performance than those without SEL programs. In this lesson, students will practice empathy, generosity and look for opportunities to show compassion in their school.

Opening

🕒 5 min

Format: Turn and talk, activate prior knowledge



Last time, we talked about showing compassion in our classroom and expressing gratitude when people show us compassion. Turn and talk to a neighbor: What often happens when we express gratitude to others who are compassionate? Have a couple of volunteers share out with the class. Today, we're going to continue learning about showing compassion by talking about how we can show compassion in our school and how that can sometimes be hard.

Let's check out a quick video together to see what happens when Alex loses something right before the talent show. In this video, look for someone who needs compassion. Also look for several examples of people who show compassion.

Show video: [The Show Must Go On](#)

Debrief

🕒 5 min

Format: Whole group debrief

Discuss as a class:

- Who needed compassion? How did you know?
- Who had empathy for Alex and showed her compassion? How?
- Alex showed all of her friends compassion before. How did that affect them in this episode?
- How did Alex feel after everyone showed her compassion?

Have students turn and talk to a partner:

- Why is it sometimes hard to show compassion to your classmates or others in the school? Example answers: if you don't know the other person, if you feel awkward/embarrassed
- What can make it easier to show compassion to others in a school? Example answers: getting to know others, feeling empathy

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

Activity Part 1: Anchor Chart

🕒 10 min

Format: Whole group debrief

Activity Part 2: Bingo

🕒 10 min

Format: Whole group debrief



Debrief and Closing

🕒 5min

Format: Turn and talk,
class discussion

Extensions

Teacher evaluation on the next page

Display the anchor chart: A Compassionate School

- *In advance, write the title and create and label the 3 sections*

As a class, work together to talk about what a great, compassionate school would look like, sound like, and feel like. *Be sure to focus the students on compassion/kindness in particular in their ideas*

Distribute the BINGO cards.

Explain the activity:

- Throughout the week, have students mark with an X or color in the squares that they complete.
- Discuss each of the actions and talk about examples of each.
- When students get BINGO, ask them to share what they did with the class and reflect on it.
 - What was the easiest task to complete? Why?
 - What was the most difficult? Why?
 - Who showed gratitude for your compassion? How?
- Class discussion:
 - Ask students which actions might be hard to do and discuss why. Ask students what might make them easier.
 - Ask students which actions include empathy. Ask how empathy can make some actions easier.
 - Ask students how growth mindset can make some actions that might initially seem difficult easier.

Turn and talk: Why should we show compassion in our school? What should we do when someone shows us compassion?

Have a few students share out their answers.

Discuss:

- What compassionate acts are you most excited about trying?
- What do you think might happen in our school as a result of our compassion?

As students complete and turn in their BINGO boards, have them write their name on a strip of paper. Create a compassion chain that goes around the classroom!

Play blackout BINGO to make it harder

Additional Suggested Reading for Students:

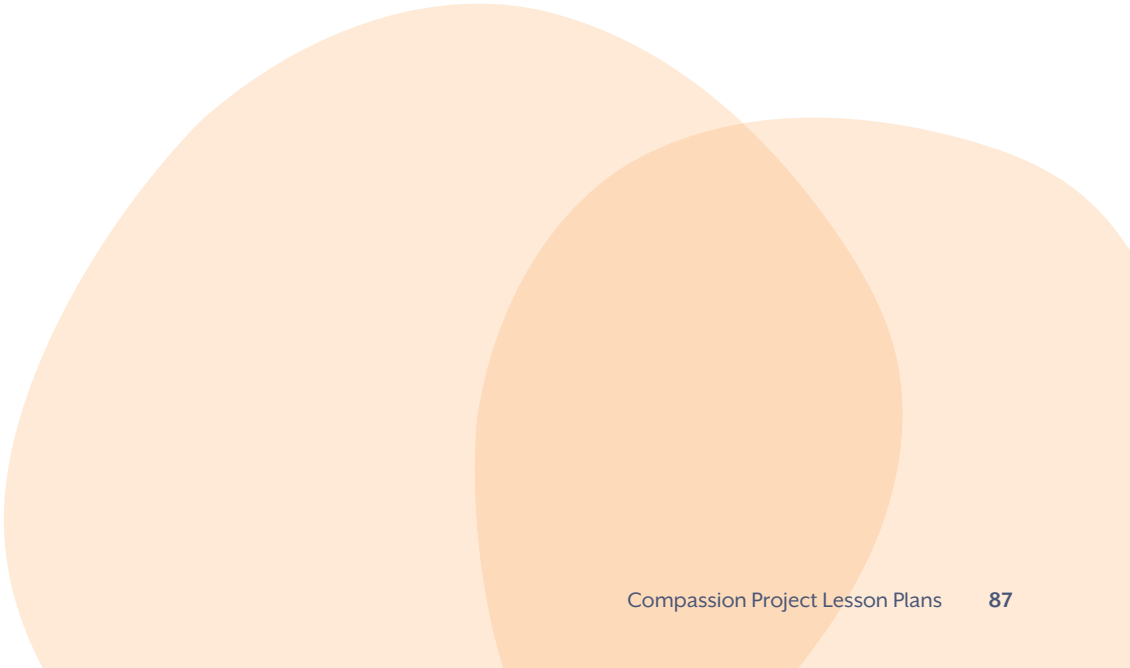
- Non-Random Acts of Kindness (The Life of Ty) by Lauren Myracle
- The BFG by Roald Dahl
- The Infamous Ratsos by Kara LaReau



Learners needing support:

Learners ready for extensions

Notes for next time



BINGO

Name:

Teacher:

B	K	I	N	D
Listen to a classmate's problem	Give someone a compliment	Practice empathy by understanding someone else's point of view	Say 'Hi' to someone new	When a friend has a problem, ask how you can help.
When a friend has a problem that's too big for you, talk to an adult.	(Fill in your own)	When someone acts unkind remind them to be kind	When someone is treated unkindly, ask if they are okay	When a student asks for help, help them.
Invite someone new to join your game.	Talk with someone you don't know about something they like.	FREE SPACE	Offer to help someone new.	Look for someone sitting alone at lunch or recess and ask if they would like you to sit with them.
Go out of your way to do something for someone else.	Do something nice for someone who did something nice for you	Give up something to put someone else first	Look for a way to make someone else's day better	When someone looks unhappy, ask how you can help them feel better
Clean up something that is out of order, or helping someone else clean up	Find someone acting compassionately, and thank them	Invite someone who is alone to join you at recess	Invite someone new to work with you on a project	Look for ways to help someone who isn't asking for help

Anchor Chart: A Compassionate School

