

## LESSON 15

# Day of Compassion

🕒 45min **Prerequisite:** Completion of Lessons 1-14



## Objectives students will be able to...

- \* Practice acts of compassion.
- \* Describe the benefits of participating in a compassion-related community service project.

## Materials

- \* Candace Christiansen, *The Mitten Tree*
- \* Permission slips, transportation, etc.
- \* Field Trip Service Project worksheets (1 per pair)
- \* Goals for trip written on chart paper
- \* Field Trip Reflection form (1 per student)

## Teacher Notes

---

Participation in community service has value to those being helped, as well as those doing the helping. Research shows that kids who participate in community service are more likely to feel connected to their communities and tend to do better in school; they're also less likely to engage in risky behavior. In this lesson, students will be able to describe the benefits of participating in a community service project and then they will go into the community as a class and practice acts of compassion.

*Instructors may break this lesson into parts that cover planning, working in the community, and reflecting on the experience.*

## Opening

🕒 5 min

**Format:** Turn and talk, activate prior knowledge

---



Last time, we talked about showing compassion in our communities. Turn and talk to a neighbor: Why is it important to show compassion in our communities? What were some acts of compassion in your communities that you did? Have a couple of volunteers share out with the class. Today, we're going to go on a field trip to show compassion in our community!

## Read-Aloud

🕒 10 min

**Format:** Read-aloud

---



Before we leave, we're going to read a book called *The Mitten Tree*. In this story, a woman has an idea when she sees a boy without mittens. While we read, listen for someone who needs compassion. Also listen for someone who shows compassion.

Read book

## Debrief

🕒 5 min

**Format:** Whole group debrief

---

Discuss as a class:

- Who needed compassion? How did you know?
- Who had empathy and showed compassion? How?
- Why do you think Sarah showed compassion to the children of her community? How did she feel after?
- How did the children of her community show gratitude for her act of compassion?

## Debrief Cont.

---

## Activity Service Project

🕒 15-20 min

**Format:** Whole group discussion, partner work, individual reflection

---



## Evaluation

**Format:** Access Individually

---

## Debrief and Closing

🕒 5 min

**Format:** Turn and talk, class discussion

---

## Extensions

---

Have students turn and talk to a partner:

- Think of a time when someone helped you or your family when you needed it, even though you didn't ask for help.
- How did it make you feel?
- How did you show gratitude after?

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

Before the Service Project

- Identify where the class will go, and what they will do. Share these with them.
- Prior to going on the service project, ask students to anticipate what the experience might be like.
  - Break students into partnerships
  - Distribute Field Trip Service Project worksheets (1 per pair)
  - Give students a few minutes to complete these with their partners
- Share out with the class.
- Collect these for evaluation
- Review the goals of participation (to use for reference following the project).

After the Service Project

- Give students the Field Trip Reflection Forms.
- Provide students some time to complete these on their own
- Once students are finished, gather the class together to share out their responses. *Students may also benefit from sharing with a partner first and then sharing with the class.*
- Collect these for evaluation

Collect the 2 worksheets/forms

Turn and talk: This was our last lesson on compassion. What was the most important thing you learned about compassion from these lessons?

Have a few students share out their answers.

Discuss:

- How will you practice the things you learned after today?

Allow students to draw a world without compassion vs a world with compassion to show how important it is to show compassion.

Have students identify service projects they might want to do sometime in the future, either with the class, with their family, or with friends. Create an anchor chart.

Have the students send thank you letters to the organization that you partnered with for the service project.

## Extensions Cont.

---

- Have a class discussion:
  - Why is it important to show gratitude and say thank you, even if it's uncomfortable?
  - How do you think they will feel when they get your letter?

### Additional Suggested Reading for Students:

- Look Where We Live!: A First Book of Community Building by Scot Ritchie
- Mama Miti by Donna Jo Napoli
- Lend a Hand: Poems about Giving by John Frank
- Shelter Pet Squad #1: Jelly Bean by Cynthia Lord



Learners needing support:

Learners ready for extensions

Notes for next time

# Our Field Trip

Name:

Where We Went

Where We Went

Something I Learned

My Favorite Part

# Field Trip Service Project

Partner 1:

Partner 2:

1. Where are we going?
2. What are we going to do there?
3. How are we going to show compassion on this trip?
4. How do you think you will feel after the trip?
5. How do you think people in the community will feel after our trip?

# Field Trip Reflection

Name:

Date:

\* Tell about a time when you felt empathy on the trip.

- Who did you feel empathy for?

- Tell about how you felt.

\* Tell about a time when you showed compassion on the trip.

- Who did you show compassion to?

- Tell about what you did to show compassion.

\* My favorite part of the trip was

\* Now that the trip is over, I feel

\* This trip has inspired me to

\* I am thankful for the opportunity I had to