

Compassion



What is Compassion?

Compassion is having kind feelings toward someone who is hurt or troubled. It is caring deeply and wanting to help, even if you don't know them. It is being kind and forgiving to someone who has hurt you.

Why Practice It?

When people feel hurt or in trouble, they often feel alone. Feeling alone can make things even worse. Without compassion the world is a hard and lonely place. Being compassionate helps us to feel less alone. Compassion helps us to be understanding of others and ourselves.



How Do You Practice It?

Compassion begins by noticing when someone seems sad or troubled. Put yourself in their place and ask how you would feel if it were happening to you. Think about how you can help. Take time to listen, and then say kind things like "What are you sad about?" and "How can I help?" Be forgiving when others make mistakes. Be a friend when someone needs a friend.



What would Compassion look like if...

- Your dog is caught up in his leash?
- A friend is confused about what the teacher said?
- Your mother is sick in the hospital?
- A new student is lonely and feels left out?
- Your father seems really tired after work?
- Your brother's best friend just moved away?

Signs of Success

Congratulations! You are practicing Compassion when you...

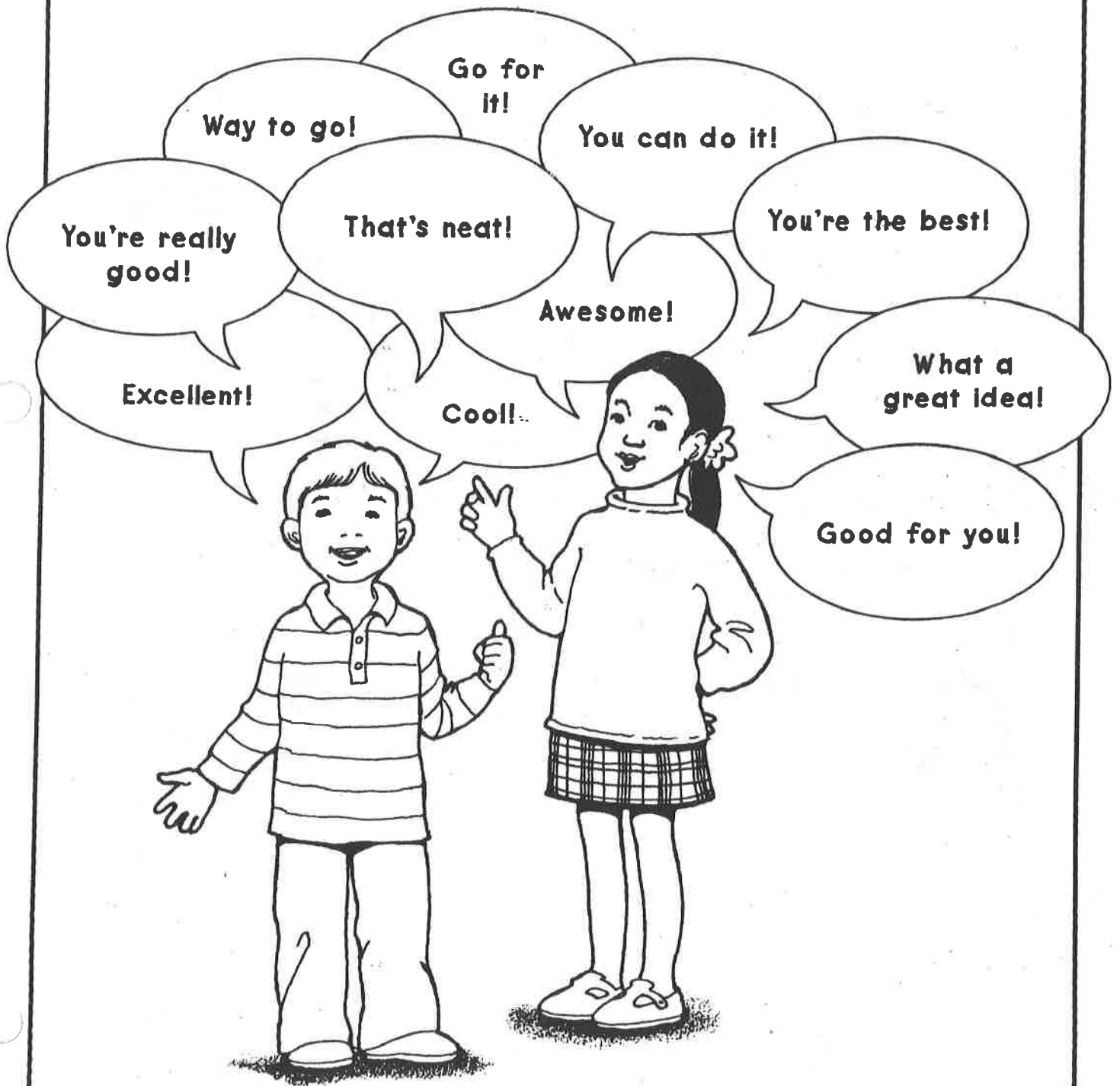
- Notice when someone is hurt or needs a friend
- Imagine how they must be feeling
- Take time to show that you care
- Ask how they are and listen patiently
- Forgive others when they make mistakes
- Do some service to help a person or an animal in need

Affirmation

I have compassion. I notice when someone is hurt or needs my help. I take the time to show that I care.

A CARING PERSON IS KIND AND HELPFUL

One way to show caring is to use kind words. Your friends, classmates, and family feel special when they hear you say encouraging things to them.



COMPASSION IS:

- showing sympathy and concern.
- caring for others.
- being kind and thoughtful.
- helping those in need.

Note to Teacher

Reproduce and display the above *COMPASSION IS* mini-chart and discuss its content with the class. Reproduce the journal sheet (top right) for each student or group to write their own *COMPASSION IS* list.

Brainstorm ways students can practice compassion. Use the following suggestions to spark student ideas.

1 Practice compassion at home—

- Comfort family members who are sad or upset.
- Offer to help when family members are sick.
- Visit and write to elderly relatives regularly.
- Show attention and affection to household pets every day.
- Listen thoughtfully when siblings talk about their feelings.
- Forgive family members when they make mistakes.

2 Practice compassion at school—

- Offer to help a classmate having difficulty with school work.
- Be friendly and kind to all students.
- Cheer up a classmate with a smile and a kind word.
- Help others who are hurt.
- Make new students feel welcome.
- Encourage and support a friend learning a new skill.
- Perform random acts of kindness for others.

3 Practice compassion in the community—

- Help elderly neighbors with household chores.
- Smile and offer kind words to others.
- Help serve food to the homeless.
- Offer assistance to others carrying boxes or bags.
- Report injured wildlife to an animal care facility.

Make a Classroom Compassion Corner

Display *COMPASSION IS* student journal sheets (top right) at a learning center. Display books with a compassion theme. (See list, bottom right.) Reproduce, laminate, and cut out the task cards (bottom left) for individual and group activities. There are many ways to use them. Here are just a few—

- ◆ Put cards in a learning center.
- ◆ Assign cards as extra credit for groups or individuals.
- ◆ Invite students to write additional task cards.
- ◆ Pass cards out randomly, one to each student. Have students form groups according to cards chosen to complete the task together.

Class Outreach Compassion Project

Ask students to organize and present a class play or video about compassion to younger students. Use a favorite storybook for the play (*The Lion and the Mouse* by Aesop, *Wilfrid Gordon McDonald Partridge* by Mem Fox), or invite students to create a script of their own. Have students create and video-tape a "TV show" teaching the importance of compassion. Invite students to include raps and songs about compassion as "commercial breaks."

Books to Read

Along Came a Blackbird
by Elizabeth Wild

Charlotte's Web
by E.B. White

*The Children's Book
of Virtues*
by William J. Bennett

Circle of Giving
by Ellen Howard

*Clara Barton: Soldier
of Mercy*
by Mary Catherine Rose

The Drinking Gourd
by F.N. Monjo

The Empty Schoolhouse
by Natalie Savage Carlson

Florence Nightingale
by Dorothy Turner

The Gift
by Helen Coutant

He's My Brother
by Joe Lasker

*KIDS Random Acts of
Kindness*
by Conari Press

The Little Prince
by Antoine de
Saint-Exupéry

Mother Teresa
by Mildrid M. Pond

*The Peace Seekers: The
Nobel Peace Prize*
by Nathan Aaseng

*Power of the Powerless:
A Brother's Lesson*
by Christopher De Vinck

Star without a Sky
by Leonie Ossowski

Stay Away from Simon!
by Carol Carrick

Summer of the Zeppelin
by Elsie McCutcheon

Twenty and Ten
by Claire Huchet Bishop

*Wilfrid Gordon McDonald
Partridge*
by Mem Fox

The Wind Is Not a River
by Arnold A. Griese

A Wrinkle in Time
by Madeiline L'Engle

Name _____

Date _____

Compassion

Draw four ways you care for others.

This is me!

Compassion

Book List

- | | |
|--|--|
| <i>Alfie Gives a Hand</i>
by Shirley Hughes | <i>A Snake in the House</i>
by Faith McNulty |
| <i>The Bear's Toothache</i>
by David McPhail | <i>Teddy Bears Cure a Cold</i>
by Suzanna Gretz |
| <i>Beauty and the Beast</i>
by Patricia Daniels | <i>Through Grandpa's Eyes</i>
by Patricia MacLachlan |
| <i>Caring for My Kitty</i>
by Jane B. Moncure | <i>Timothy Goes to School</i>
by Rosemary Wells |
| <i>Dance of the Sacred Circle:
A Native American Tale</i>
by Kristina Rodanas | <i>The Tiny Patient</i>
by Judy Pedersen |
| <i>Happy Birthday, Grampie</i>
by Susan Pearson | <i>Two Orphan Cubs</i>
by Barbara Brenner
and May Garelick |
| <i>Harald and the Great Stag</i>
by Donald Carrick | <i>Understanding</i>
by Sandra Ziegler |
| <i>Here Comes Tagalong</i>
by Anne Mallett | <i>Very Shy</i>
by Barbara Hazen |
| <i>Miss Maggie</i>
by Cynthia Rylant | <i>We Love Them</i>
by Martin Waddell |
| <i>The Mountain That Loved
a Bird</i>
by Alice McLerran | <i>A Welcome for Annie</i>
by Helen Craig |
| <i>Now One Foot, Now the Other</i>
by Tomie dePaola | <i>Wilfrid Gordon McDonald
Partridge</i>
by Mem Fox |
| <i>Pierre</i>
by Maurice Sendak | <i>The Wimp</i>
by Kathy Caple |

CHARACTER EDUCATION

**Loretta Leopard
Learns About**



COMPASSION

Nicolas L Morgan, MEd

Loretta Leopard Learns About Compassion

Little Rachael, the field mouse, loved school. It was always clean, and there were so many wonderful things to learn about. She didn't like it when her teacher had to fuss at the class about bad behavior, but most of the time everything was just fine.



What Rachael *didn't* like was riding the school bus. There were certain people, like Loretta Leopard, who always made fun of her. "I thought your mom was going to take you shopping for some new clothes," Loretta might say. Then she would make sure everyone was listening. "Oh yeah, your car's not running!" she would tease. "You can't even go to the grocery store!" Then, everyone would laugh and laugh.

Loretta Leopard wasn't sure what Sally Rabbit was talking about, but she didn't really care. All she could think about was the shopping trip her mom was taking her on that evening. "So what if Sally Rabbit wants to be friends with that little field mouse," she said to herself. "When I get to school tomorrow with one of my new outfits on, I'll be the most popular girl, and not her!"

You can imagine how disappointed she was when her mom told her they wouldn't be able to go. "I'm afraid the car needs repairs again," she sadly explained, "and I was a little behind on the phone bill, so our phone service has been cancelled. Maybe after my next pay-check we can get caught up. I'm sorry sweetie," her mom said. "Things will get better. I promise."

"What!" Loretta Leopard shouted. "Our car is broken down and my phone has been shut off!" She ran into her bedroom and slammed the door behind her. She cried and cried. Suddenly, she understood what Sally Rabbit meant about showing compassion to others.

Discussion questions:

1. Why does Loretta understand about showing compassion now?

2. How did Sally Rabbit show compassion?

3. How is Loretta going to feel when people find out she has problems,

too? _____

4. Do you think Loretta will start being more compassionate now? _____

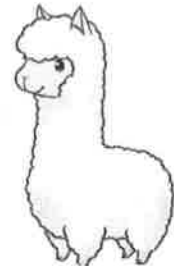
Why? _____

I can Statements

I can define what compassion is.

I can describe ways to show compassion

Compassion



Compassion is: showing care and concern for others.

Scenarios

#1: You see a friend on the playground who has no one to play with.

#2: A classmate drops all of their colored pencils on the floor. It is really funny and your friend starts to laugh.

I can Statements

I can define what compassion is.

I can describe ways to show compassion

#7. You see a 1st grader slip on ice at recess, she starts to cry.

#8. Your friend looks really sad at lunch.

#9. Your grandma is setting the table for dinner and your brother is screaming because his toy broke.

Think-Pair-Share

Why is showing compassion important at school?

Why is showing compassion important at home?