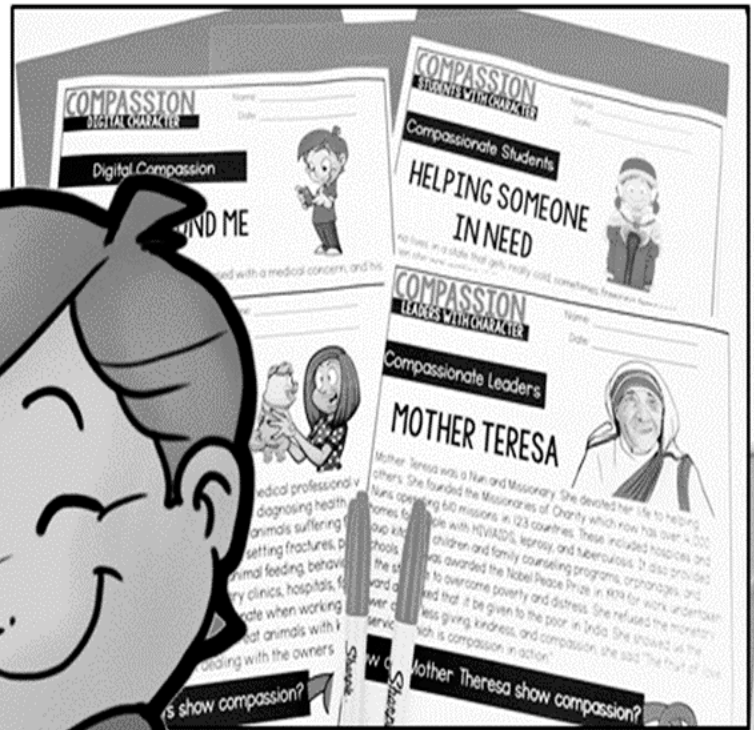


# CHARACTER EDUCATION

# COMPASSION



Heart & Mind  
TEACHING



# COMPASSION



## TABLE OF CONTENTS

### FORMS & SUPPLEMENTS

Parent Letter.....	3
Writing Prompts & Recommended Read Alouds.....	4
Morning Announcements.....	5
Reward Tags and Bookmarks.....	6-7
Pre and Post Survey.....	8-9
Certificate.....	10-11

### ACTIVITIES

Ways to show Compassion.....	12-17
Students/Leaders/Careers/Digital Compassion.....	18-21
Compassionate or not? .....	22-23
Cause and Effect.....	24-29
Road to Compassion .....	30-35
A Compassionate World .....	36-42
Self-reflection.....	43-50
Task Cards: Think and Discuss.....	51-61
Situation Cards: What would you do? .....	62-72

### BULLETIN BOARD/DÉCOR ELEMENTS & GOOGLE LINK

Definition Posters.....	73-76
Quote Poster.....	77
Students/Careers/Leaders/ Digital Compassion Posters....	78-81
Compassion looks/feels/sounds like.....	82-84
Compassion Pledge.....	85-86
Bulletin Board Letters.....	87-89
Google Slides Link & Instructions.....	90

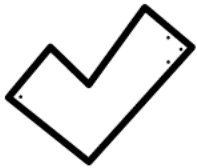
# COMPASSION

## PARENT LETTER

Hello Parents,

We are learning all about Compassion. We defined compassion as: a feeling of deep sorrow for another who is suffering, along with a strong desire to relieve that suffering.

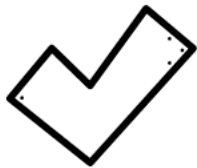
Here are some ways you can teach Compassion to your child at home:



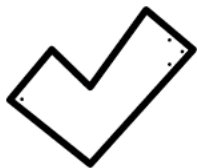
Brainstorm kind acts that you can do together for others.



Write letters to kids in the hospital and/or elderly in nursing homes.



Volunteer at a local charity and donate old toys, clothes, and books.



Start a fundraiser either in person or online to benefit a cause.

When you care about the suffering of others, you feel a greater connection to other human beings and the world around you. Compassion makes the world a better place to live in.



# COMPASSION

## WRITING PROMPTS

1. Have you helped someone recently? How did it feel to know you help them?
2. Have you ever tried to do something to help a person feel happier? What can you do to say or help a person who is sad or angry that might help them?
3. Is it ever difficult to act compassionately? Give examples.
4. Describe something you did that was not compassionate. How did it make you feel? What did you learn from that?
5. How should you treat those who are in need? Why do you think some people are charitable and others are not?
6. What does it mean to forgive someone? Have you ever had to forgive someone for hurting you or your things?

# COMPASSION

## RECOMMENDED READ ALOUDS

Check out my blog post: [Children's Books about Mindfulness](#) to read reviews of these books.

\*I am love by Susan Verde

\*The seed of compassion by The Dalai Lama

\*Be Kind by Pat Zietlow Miller

\*The World needs more Purple People by Kristen Bell

\*Have you filled a Bucket today? By Carol McCloud

\*Strictly No Elephants by Lisa Mantchev

\*The Jelly Donut Difference by Maria Dismondy

\*Each Kindness by Jacqueline Woodson

\*The Invisible Boy by Trudy Ludwig

\*Kindness rocks by Sonica Ellis

\*One Drop of Kindness by Jeff Kubiak

\*I walk with Vanessa by Kerasoet



# COMPASSION

## MORNING ANNOUNCEMENTS

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**\*Week 1:** We are learning all about Compassion. We defined compassion as a feeling of deep sorrow for another who is suffering, along with a strong desire to relieve that suffering. Some ways you can be compassionate at school are including someone who is left out, offering to help a classmate, listening to a friend who needs to talk, helping out in the classroom, doing an act of kindness, and organizing a food drive.

**\*Week 2:** We are continuing to learn all about Compassion. Remember showing compassion is a feeling of deep sorrow for another who is suffering, along with a strong desire to relieve that suffering. Some ways that you can be compassionate at home are doing a chore without being asked to, forgiving your sibling, helping to care for a pet, visiting a relative in the hospital, and cheering on a teammate.

**\*Week 3:** We are learning about Compassion. Remember showing compassion is a feeling of sorrow for another who is suffering, and a desire to relieve that suffering. Some ways that you can be compassionate in your community is by donating items, volunteering, advocating for others, and writing letters to the elderly in nursing homes.

**\*Week 4:** As we continue to learn about Compassion, let's reflect on this quote by the Dalai Lama, "Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek." This means that compassion not only helps others, but helps ourselves as well. What is one way you will show compassion today?

**\*Week 5:** Compassion is an essential trait to have for many careers. Veterinarians for example show a lot of compassion. A Veterinarian, is a medical professional who provides animal health care. This includes diagnosing health problems, treating and dressing wounds, performing surgery, and advising owners about animal feeding, behavior, and breeding. Veterinarians must be compassionate when working with animals and their owners. They must treat animals with kindness and respect, and be sensitive when dealing with the owners of sick pets. Think of a career you may be interested in and how you can show compassion within that career.

**\*Week 6:** Compassion is also shown by many leaders throughout history and is an important feature of being a leader. One such leader was Mother Teresa, a Nun and Missionary. She devoted her life to helping others. She founded the Missionaries of Charity which now has over 4,000 Nuns operating 610 missions in 123 countries. These included hospices and homes for people with HIV/AIDS, leprosy, and tuberculosis. It also provided soup kitchens, children and family counseling programs, orphanages, and schools. She showed us the power of selfless giving, kindness, and compassion, she said "The fruit of love is service, which is compassion in action." Think about how you can be a leader in your classroom by showing compassion.

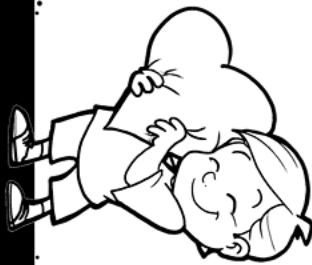
# I SHOWED COMPASSION



**I SHOWED  
COMPASSION**



**I SHOWED  
COMPASSION**



**I SHOWED  
COMPASSION**



**I SHOWED  
COMPASSION**



**I SHOWED  
COMPASSION**



**I SHOWED  
COMPASSION**



**I SHOWED  
COMPASSION**



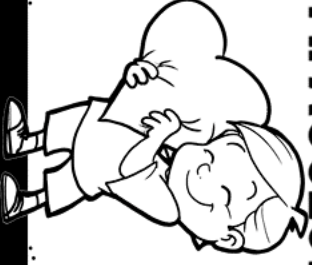
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COMPASSION**



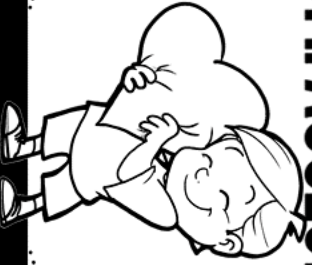
**I SHOWED  
COMPASSION**



I SHOWED  
COMPASSION



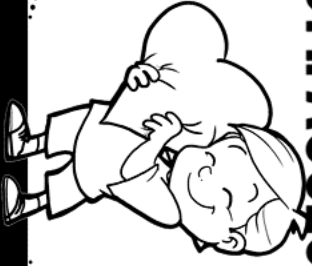
**I SHOWED  
COMPASSION**



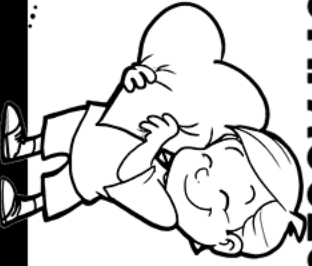
**I SHOWED  
COMPASSION**



**I SHOWED  
COMPASSION**



**I SHOWED  
COMPASSION**



I CAN SHOW  
**COMPASSION**

BY FEELING

*deep sorrow*  
FOR ANOTHER

WHO IS

*suffering,*

ALONG WITH A  
STRONG DESIRE

TO *relieve* THAT  
SUFFERING.



CHARACTER EDUCATION

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CHARACTER EDUCATION

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WHO IS

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ALONG WITH A  
STRONG DESIRE

TO *relieve* THAT  
SUFFERING.



CHARACTER EDUCATION



# COMPASSION

## PRE-SURVEY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I am learning to be compassionate.



Always



Sometimes



Hardly



Never

I can define what compassion means.				
I can identify ways to be compassionate.				
I can recognize compassionate behavior.				
I am compassionate in the classroom.				
I am compassionate at home.				
Being compassionate is important to me.				
I think about being compassionate before I do something.				

# COMPASSION

## POST-SURVEY

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I am learning to be compassionate.



Always



Sometimes



Hardly



Never

I can define what compassion means.				
I can identify ways to be compassionate.				
I can recognize compassionate behavior.				
I am compassionate in the classroom.				
I am compassionate at home.				
Being compassionate is important to me.				
I think about being compassionate before I do something.				

# COMPASSION GOOD CHARACTER AWARD

Presented to:

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Teacher



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Date



# COMPASSION GOOD CHARACTER AWARD

Presented to:

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Teacher



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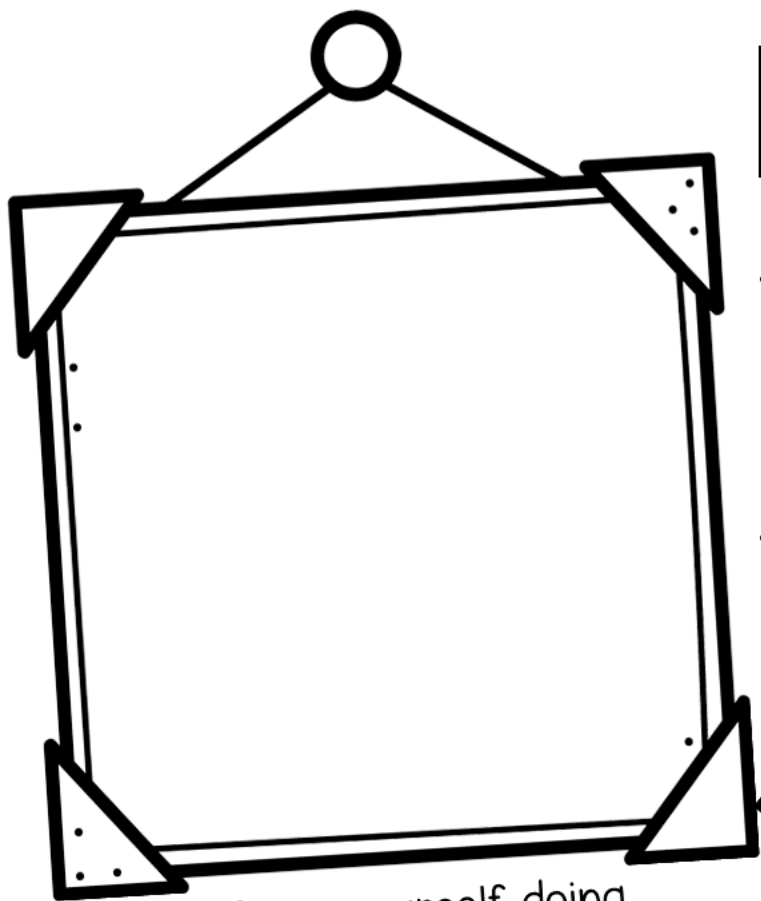
Date

# COMPASSION

## WAYS TO SHOW COMPASSION

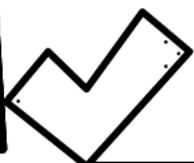
Name: \_\_\_\_\_

Date: \_\_\_\_\_



Draw yourself doing  
something compassionate

I can show compassion by...



What does Compassion mean to me?



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# COMPASSION

## WAYS TO SHOW COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

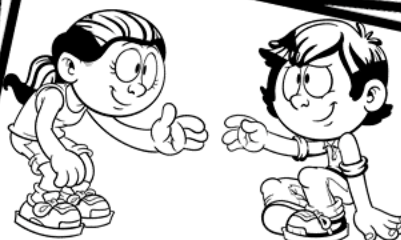


### Ways I can be compassionate at School

Hold the  
door open  
for  
someone.



Offer to help  
a classmate.



Do an act of  
kindness for a  
classmate.



Organize a food  
drive at your  
school  
for the  
homeless.



Include someone  
who is left out.



Help out  
in the  
classroom.



Encourage a  
classmate  
and/or  
your  
teacher.



Listen to a friend  
who needs to  
talk.



Cheer  
someone  
up.





# COMPASSION

## WAYS TO SHOW COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### Ways I can be compassionate at Home

Cheer on a  
team-  
mate.



Visit a relative  
in the  
hospital.



Help care for  
a pet.



Forgive your  
sibling.



Bake cookies  
for a  
sick  
friend.



Give a family  
member a  
compliment.



Give a relative  
a hug or  
pat on  
the back.



Help take  
care of  
your  
sibling.



Do a  
chore  
without  
being asked to.



# COMPASSION

## WAYS TO SHOW COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### Ways I can be compassionate in my Community

Volunteer.



Donate items to the needy.



Start an online fundraiser to raise money for a cause.



Let someone who is in a rush go in front of you in line



Rescue a cat from a tree.



Advocate for the rights of others.



Write letters to the elderly in nursing homes.



Offer to help clean up a neighbor's yard.



Send get well cards to kids in the hospital.





CUT AND



PASTE ONTO NEXT PAGE

Offer to help a  
classmate.

Forgive your sibling.

Volunteer.

Organize a food drive at your  
school, for the homeless.

Help care for a pet.

Include someone  
who is left out.

Encourage a classmate and/or  
your teacher.

Give a relative a hug  
or pat on the back.

Write letters to the elderly  
in nursing homes.

Visit a relative in the  
hospital.

Donate items to the  
needy.

Do an act of kindness  
for a classmate.

Advocate for the  
rights of others.

Give a family member a  
compliment.

Help out in the  
classroom.

Send get well cards to  
kids in the hospital.

Help take care of your sibling.

Listen to a friend who  
needs to talk.



# COMPASSION

## WAYS TO SHOW COMPASSION SORT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Ways I can show  
compassion in my School

Ways I can show  
compassion in my Home

Ways I can show compassion  
in my Community

# COMPASSION

## STUDENTS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

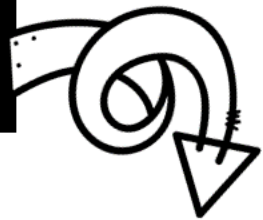
### Compassionate Students

# HELPING SOMEONE IN NEED



Luna lives in a state that gets really cold, sometimes freezing temperatures. When she was waiting at the bus stop, she noticed a fellow student did not have a coat. The student looked freezing and was shivering. She went over to them and expressed concern. The student told her that her family could not afford to buy her a coat. The next day Luna went through her closet and found an extra coat. She talks to her parent about wanting to give it to the student she met. They agree and she brings the coat to the bus stop. The student is grateful to Luna for her kindness and compassion.

How did this student show compassion?



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# COMPASSION

## LEADERS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

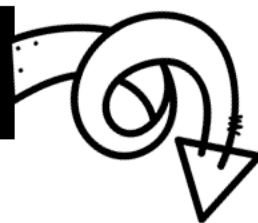
### Compassionate Leaders

# MOTHER TERESA



Mother Teresa was a Nun and Missionary. She devoted her life to helping others. She founded the Missionaries of Charity which now has over 4,000 Nuns operating 610 missions in 123 countries. These included hospices and homes for people with HIV/AIDS, leprosy, and tuberculosis. It also provided soup kitchens, children and family counseling programs, orphanages, and schools. She was awarded the Nobel Peace Prize in 1979 for work undertaken in the struggle to overcome poverty and distress. She refused the monetary award and asked that it be given to the poor in India. She showed us the power of selfless giving, kindness, and compassion, she said "The fruit of love is service, which is compassion in action."

How did Mother Teresa show compassion?



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# COMPASSION

## CAREERS WITH CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Compassionate Careers

# VETERINARIAN



A Veterinarian, also known as a Vet, is a medical professional who provides animal health care. This includes diagnosing health problems, vaccinating against diseases, medicating animals suffering from illnesses, treating and dressing wounds, setting fractures, performing surgery, and advising owners about animal feeding, behavior, and breeding. Vets often work in Veterinary clinics, hospitals, farms, or zoos. Veterinarians must be compassionate when working with animals and their owners. They must treat animals with kindness and respect, and be sensitive when dealing with the owners of sick pets.

How do Veterinarian's show compassion?



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# COMPASSION

## DIGITAL CHARACTER

Name: \_\_\_\_\_

Date: \_\_\_\_\_

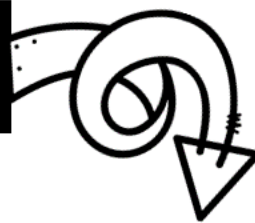
### Digital Compassion

## GO FUND ME



Alex's friend was recently diagnosed with a medical concern, and his family is struggling to come up with the money for him to have the procedure. He expresses to his parents how he wants to help the family by raising the money online. Together they create a fundraiser on "Go Fund Me" (a fundraising website) for his friend. He shares this with his classmates, friends, and family. The website spreads to many people, and they raise enough funds to help Alex's friend get the procedure he needs.

How did he show digital compassion?



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 **Cut and**  **paste onto next page**

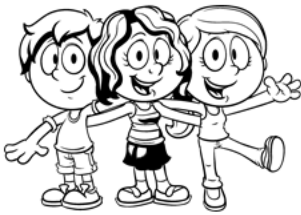
Considering the feelings of others.



Excluding someone.



Showing empathy.



Advocating for others.



Being selfish.



Judging people.

Volunteering for a good cause.



Calling someone a mean name.



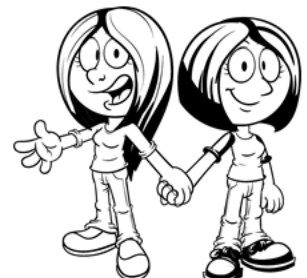
Ignoring a plead for help.

Being discouraging or unsupportive.



Helping someone.

Forgiving someone.



# COMPASSION

## COMPASSION OR NOT? SORT

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### THIS IS BEING COMPASSIONATE

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### THIS IS NOT BEING COMPASSIONATE

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# COMPASSION

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You see someone sitting alone at lunch, but don't offer to sit with them.

You offer to help someone up the stairs who has a broken leg.

You know your parent had a hard day at work, so you do the dishes to help out.



# COMPASSION

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You encourage  
your classmate  
during their  
presentation.

You exclude  
someone from  
your social group.

You see your  
classmate  
struggling with  
lifting a box, you  
rush to help them.

# COMPASSION

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

A classmate drops their supplies all over the floor. You bend down to help them pick it up.

You donate clothing and toys to a charity.

Your parent wants you to visit your family member in the hospital, you don't want to go, but you go anyways.

# COMPASSION

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

Your friend left their supplies at home, so you lend them a few of yours.

You give your parent a compliment.

You send a text message to check on a friend because you know they had a bad day.

# COMPASSION

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You see someone with a lot in their hands and hold the door open for them.

Your school is collecting food for the holidays for families in need, you don't bring anything in.

You see your teacher is having a bad day so you tell her how much you appreciate her.



# COMPASSION

## CAUSE & EFFECT

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### CAUSE

Read the situations and determine what effect that decision will have.

### EFFECT

You read online about an issue going on in your community but you ignore it.

You write to your local politician to advocate for a community concern.

Your friend asks you for help but you say no.

# COMPASSION

## ROAD TO COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO COMPASSION: COLOR THE CAR OF YOUR ANSWER.

You see someone  
being treated  
unfairly in your  
neighborhood.



Speak up and help them.



Feel bad for them but do  
nothing.



Tell them you are sorry that they are  
not being treated fairly.

At recess, you see  
someone sitting  
alone and no one is  
talking to them.



Keep playing and let someone  
else include them.



Look at them with pity.



Ask them if they want to play.

You see an elderly  
neighbor struggling  
to bring their  
groceries in.



Ignore it.



Help the neighbor carry the  
groceries.



Wave at the neighbor.

# COMPASSION

## ROAD TO COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO COMPASSION: COLOR THE CAR OF YOUR ANSWER.

Your mom had a hard day at work and looks tired, but there are a ton of chores to do.



Tell her to leave the chores for tomorrow.



Help out and do the chores.



Do nothing.

Your class is collecting donations of items for the local animal shelter.



Encourage others to give.



Donate some items.



Do nothing.

You see a homeless person on the street.



Don't look at them.



Point at them.



Give them a few coins you have.

# COMPASSION

## ROAD TO COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO COMPASSION: COLOR THE CAR OF YOUR ANSWER.

You are next in line at the store, but the person behind you looks like they are in a rush.



Do nothing.



Tell the person in front of you to hurry up.



Offer for the person behind you to go in front of you.

A classmate is having a hard time lifting a heavy box in class.



Tell him that it's too heavy and to put it down.



Ask him if he wants help lifting it.



Laugh at him for not being strong enough.

A friend's parent is very ill and your friend is very worried about them.



Tell them that everything will be okay.



Tell them that you are sorry to hear that.



Spend time with him and make sure he know you are here to help.



# COMPASSION

## ROAD TO COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO COMPASSION: COLOR THE CAR OF YOUR ANSWER.

As you are walking through a door, you see someone coming behind you.



Keep walking.



Hold the door open for them.



Shut the door quickly.

Someone trips and falls in the cafeteria and their food spills everywhere.



Laugh at them.



Ignore it.



Help them clean up the spill.

You see a stray cat outside that looks like it is starving.



Look at it with pity.



Scare it away.



Leave some cat food outside for it.

# COMPASSION

## ROAD TO COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO COMPASSION: COLOR THE CAR OF YOUR ANSWER.

Your grandma is not feeling well and needs help cleaning the house.



You leave it for her to do when she feels better.



Keep busy with other things so she does not ask you to help.



Help clean the house.

The classroom is a mess after a fun craft activity, you see your teacher looks overwhelmed.



Offer to help clean up.



Tell your teacher that she works very hard.



Keep going with your day.

You see mean comments in a group text about your friend, you are worried how this will affect her.



Ignore it.



Tell your other friends about it.



Tell an adult what you saw and reach out to your friend.

# COMPASSION

## ROAD TO COMPASSION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### ROAD TO COMPASSION: COLOR THE CAR OF YOUR ANSWER.

Your parent wants you to visit a relative in the hospital but you don't want to go.



Make an excuse not to go.



Tell them you will visit another day.



Go anyways because you know it will cheer up your relative.

Your classmate missed an easy word on the spelling test, other kids are laughing at him.



Laugh quietly.



Tell him you missed an easy word too and not to worry about it.



Tell the kids who are laughing to shut up.

Your little brother is struggling with his homework.



Make fun of him.



Let your mom know.



Offer to help him.

# COMPASSION



## THOUGHTS, FEELINGS, AND ACTIONS

Concern for the distress of others  
and a desire to alleviate it.

"I want to relieve your suffering."

# EMPATHY



## THOUGHTS AND FEELINGS

The ability to understand and  
share the feelings of another.

"I feel your suffering."

# SYMPATHY



## THOUGHTS

Feelings of sorrow for  
someone else's misfortune.

"I care about your suffering."

# COMPASSION

## A COMPASSIONATE WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Sympathy, Empathy, or Compassion?

These terms are often confused. Sympathy is expressing concern, Empathy is feeling that concern, and compassion is acting on the concern. Practice differentiating between them below, put a checkmark on your answer.

THOUGHTS

**SYMPATHY**

"I care about your suffering."

THOUGHTS AND FEELINGS

**EMPATHY**

"I feel your suffering."

THOUGHTS, FEELINGS, AND ACTIONS

**COMPASSION**

"I want to relieve your suffering."

	SYMPATHY	EMPATHY	COMPASSION
I'm sorry that happened to you.			
That is terrible, how can I help?			
I can imagine how hard that must be.			
I'm so sorry for your loss.			
I'm going to do some tasks for you to help relieve your stress.			
That sounds like it was really difficult.			
Oh man that totally sucks.			
I can't even imagine going through that.			
I can feel the pain you feel.			
You must feel so disheartened.			
I can relate to that and want to help you.			
I'm here for you, what do you need?			
I would feel the same way.			



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Self-Compassion: Letter to Myself

Self-compassion is about treating yourself the way you would treat a friend who is having a hard time or facing a tough life challenge. It's about being kind to ourselves and the way we talk to ourselves and understanding that everyone makes mistakes and feels pain. Write a letter to yourself giving yourself a pep talk about something you are struggling with, a mistake you made, or a difficult challenge or goal you want to achieve. Remind yourself of your strengths, positive qualities, previous difficulties you have overcome, and validate your fears of failure or rejection.



Handwriting practice lines for the letter. Each line set consists of a solid top line, a dashed middle line, and a solid bottom line. There are 10 such sets of lines provided for writing.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Self-Compassion: Letter to Myself

Self-compassion is about treating yourself the way you would treat a friend who is having a hard time or facing a tough life challenge. It's about being kind to ourselves and the way we talk to ourselves and understanding that everyone makes mistakes and feels pain. Write a letter to yourself giving yourself a pep talk about something you are struggling with, a mistake you made, or a difficult challenge or goal you want to achieve. Remind yourself of your strengths, positive qualities, previous difficulties you have overcome, and validate your fears of failure or rejection.



# COMPASSION

## A COMPASSIONATE WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### TYPES OF COMPASSIONATE NEEDS

Determine the type of compassion that is needed.

Your grandma does not know how to use the computer and needs help to get to a website.

- ♡ Money/Item Need
- ♡ Social Need
- ♡ Physical Need
- ♡ Skill Need

You see a classmate looking lonely on the bench at recess.

- ♡ Money/Item Need
- ♡ Social Need
- ♡ Physical Need
- ♡ Skill Need

Your little brother can't tie his shoes yet and his laces are undone.

- ♡ Money/Item Need
- ♡ Social Need
- ♡ Physical Need
- ♡ Skill Need

A local charity is asking for donations.

- ♡ Money/Item Need
- ♡ Social Need
- ♡ Physical Need
- ♡ Skill Need

Your friend needs to talk about something that is bothering him.

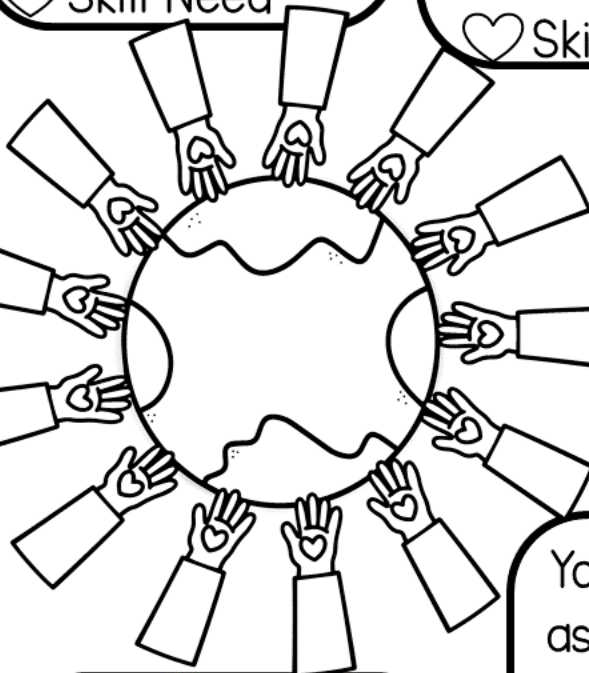
- ♡ Money/Item Need
- ♡ Social Need
- ♡ Physical Need
- ♡ Skill Need

You see your friend can't reach the item they need because they are too short.

- ♡ Money/Item Need
- ♡ Social Need
- ♡ Physical Need
- ♡ Skill Need

Your classmate asks to borrow a pencil because she does not have one.

- ♡ Money/Item Need
- ♡ Social Need
- ♡ Physical Need
- ♡ Skill Need



# COMPASSION

## A COMPASSIONATE WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Banners of Compassion

Think about how you can be compassionate towards others with your time, your skills, and items you have. Write your answers on the banners.



What are things you have that you could share with others?

ITEMS

What are some ways you can give your time to help others?

TIME

What are some things that you are able to do (skills, talents, knowledge) that you could share with others?

SKILLS



# COMPASSION

## A COMPASSIONATE WORLD

© Heart & Mind Teaching

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Compassion with Common Sense

Being compassionate does not mean that you let others take advantage of you. It's important to use common sense when showing compassion by determining if something is actually needed or just wanted.

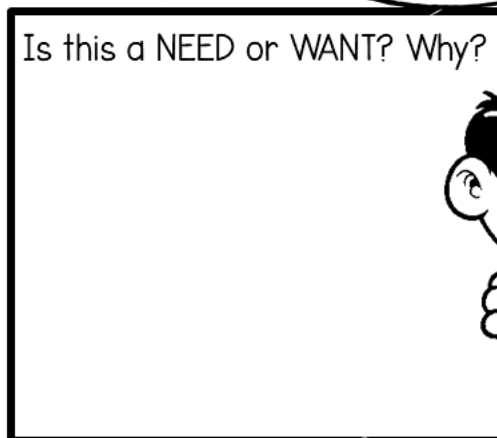
Your sister broke her glasses that she needs to see the board.

Is this a NEED or WANT? Why?



Your friend has plenty of food but wants more.

Is this a NEED or WANT? Why?

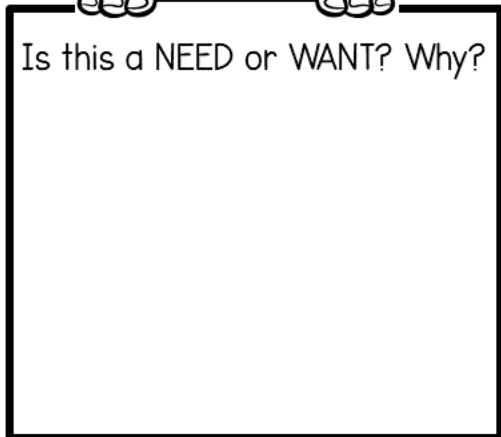


Your friend has been saving for the latest video game but does not have enough to get it.

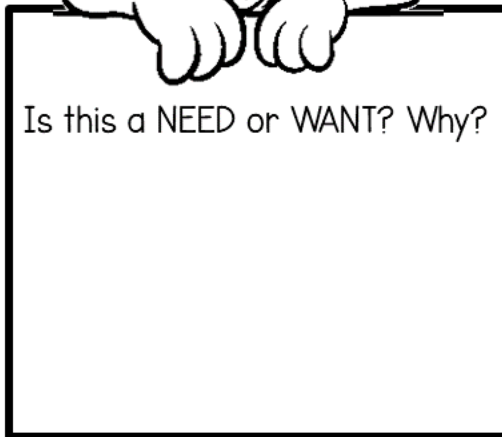
Your friend can't afford to get her nails done at the salon, she is sad.

Your cousin does not have enough money to get the medication they need.

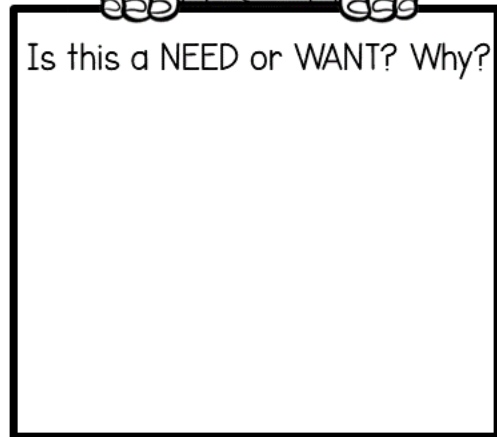
Is this a NEED or WANT? Why?



Is this a NEED or WANT? Why?



Is this a NEED or WANT? Why?





# COMPASSION

## A COMPASSIONATE WORLD

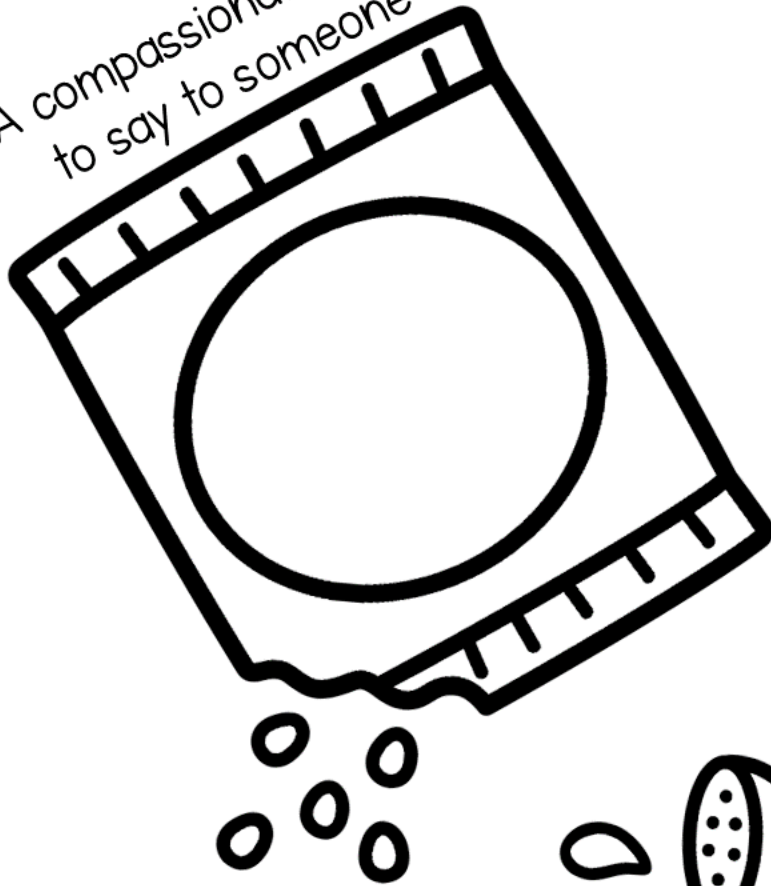
Name: \_\_\_\_\_

Date: \_\_\_\_\_

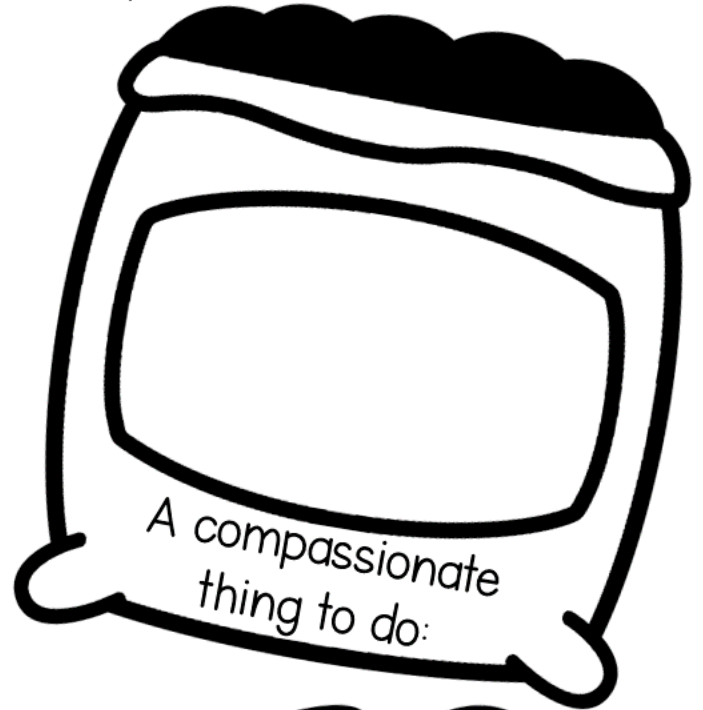
### Seeds of Compassion

Plant seeds of Compassion by feeding the crops with kind words, behaviors, and thoughts. Write your response inside the items.

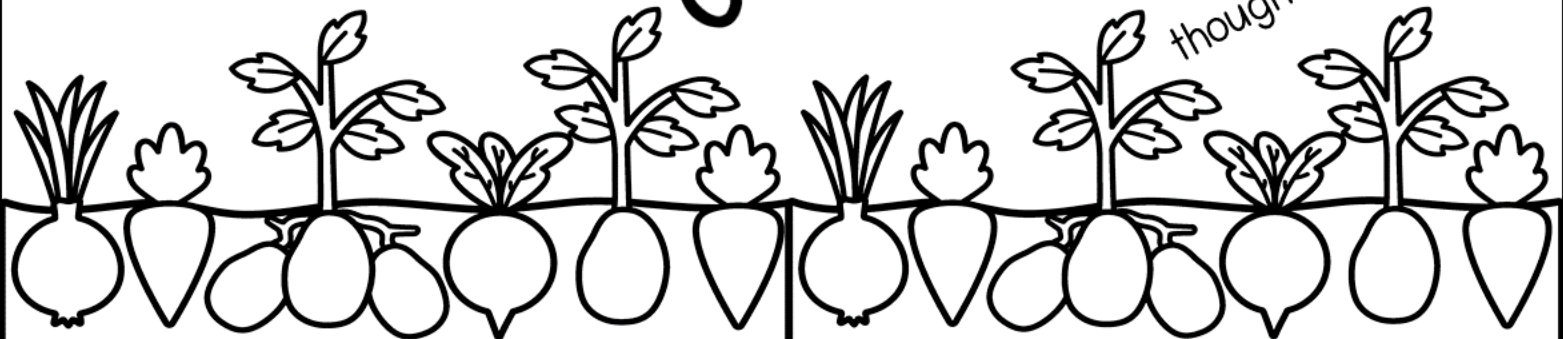
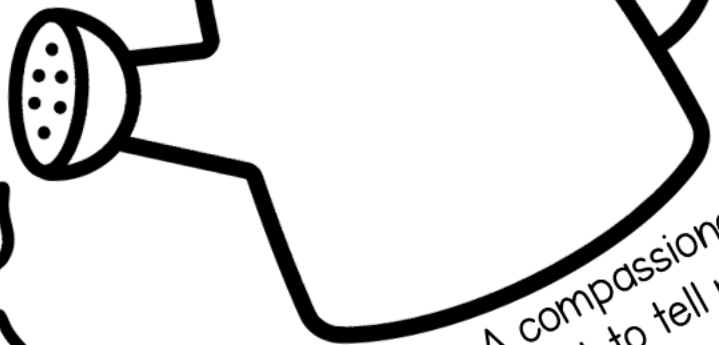
A compassionate thing  
to say to someone:



A compassionate  
thing to do:



A compassionate  
thought to tell myself:



# COMPASSION

## A COMPASSIONATE WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What are some examples of compassion you have seen  
from others?

Teacher



Parent/Guardian



Strangers



Friends



# COMPASSION

## A COMPASSIONATE WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What would society look like if no one was compassionate?



Would you want to live in this society, why or why not?



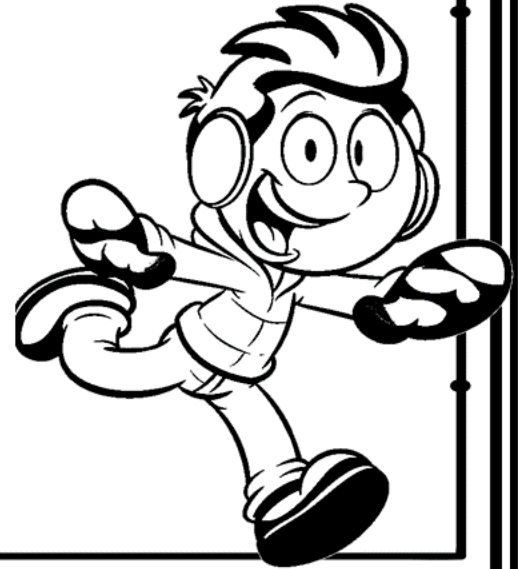
# COMPASSION

## A COMPASSIONATE WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_

What would society look like if everyone was compassionate?



Would you want to live in this society, why or why not?

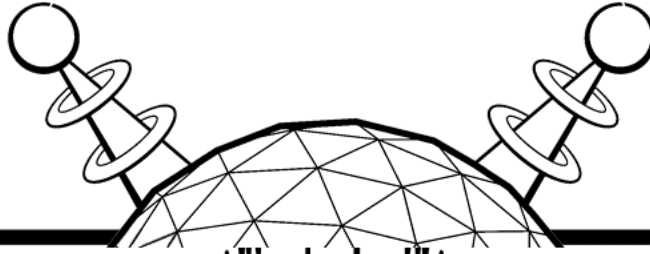


# COMPASSION

## A COMPASSIONATE WORLD

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Let's time travel  
to the past,  
what is one way  
you would have wanted  
people to be more  
compassionate? Why?

Let's time travel to  
the future, what is  
one way you  
would want people  
to be more compassionate?  
Why?



# COMPASSION

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show compassionate behavior.

I was NOT compassionate when I...

○

○

.

What I learned...

○

○

.

This is how I will be more compassionate...

○

○

.

# COMPASSION

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about what compassion means to you and how you like to show compassion or have others show compassion to you.

One way I would like to show compassion

	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

One way I would want compassion shown to me

	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

Being compassionate is important to me because

	<p>• •</p> <p>•</p> <p>• •</p>
--	--------------------------------

# COMPASSION

## SELF-REFLECTION

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Think about the ways you show compassion, pick one that you feel you are consistent in doing and reflects your good character.



# COMPASSION

## TASK CARDS

# TASK

## THINK & DISCUSS

# CARDS



### TIPS FOR USING TASK CARDS

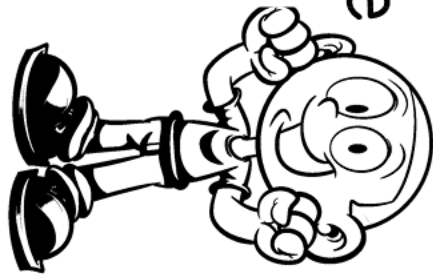
- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)

### DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered compassionate decisions?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to be compassionate or not?
- Does one uncompassionate decision make you an uncompassionate person?
- What will happen if you repeatedly make uncompassionate decisions?

# COMPASSION

What are  
compassionate  
ways to treat  
yourself?



THINK & DISCUSS

# COMPASSION

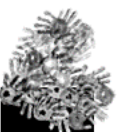
What are ways to be  
a compassionate  
friend?



THINK & DISCUSS

# COMPASSION

What are  
compassionate  
ways to  
encourage  
someone?



THINK & DISCUSS

# COMPASSION

What are ways  
you can be  
compassionate  
when you are  
online?



THINK & DISCUSS



# COMPASSION

What are  
compassionate  
ways to cheer  
someone up?



THINK & DISCUSS

# COMPASSION

What are  
ways to  
show  
compassion  
as a  
student?



THINK & DISCUSS

# COMPASSION

What are ways to show  
compassion as a family  
member?



THINK & DISCUSS

# COMPASSION

Think of someone  
who is  
compassionate.  
How are they  
compassionate?



THINK & DISCUSS

# COMPASSION

How can you  
show  
compassion to  
someone who  
is stressed?



**THINK & DISCUSS**

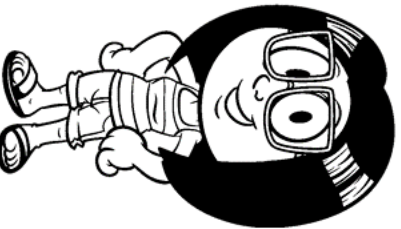


# COMPASSION

What is one  
way you show  
compassion in  
your life?

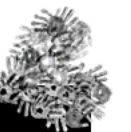


**THINK & DISCUSS**



# COMPASSION

How can you show  
compassion to someone  
who is scared?



**THINK & DISCUSS**



# COMPASSION

How can you be  
compassionate in the  
cafeteria?



**THINK & DISCUSS**



# COMPASSION

How can you  
be  
compassionate  
in the music  
room?



**THINK & DISCUSS**

# COMPASSION

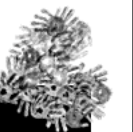
How can you  
be  
compassionate  
in the library?



**THINK & DISCUSS**

# COMPASSION

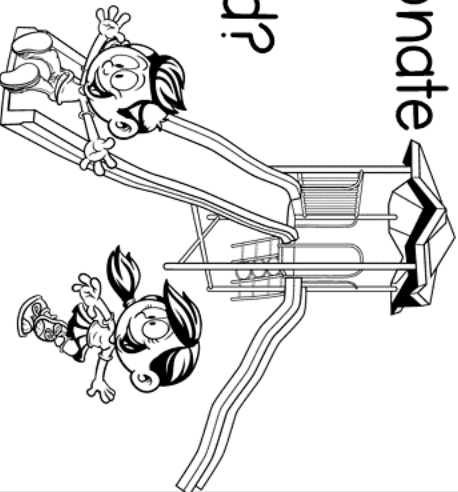
How can you be  
compassionate in the  
art room?



**THINK & DISCUSS**

# COMPASSION

How can you be  
compassionate  
on the  
playground?



**THINK & DISCUSS**

# COMPASSION

How can you be  
compassionate at  
P.E.?



THINK & DISCUSS

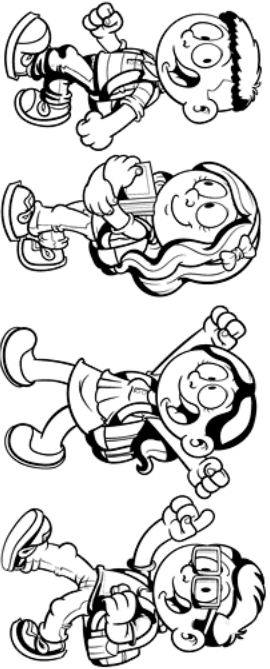


# COMPASSION

How can you be  
compassionate in the  
school hallway?



THINK & DISCUSS



# COMPASSION

How can you be  
compassionate at Recess?



THINK & DISCUSS



# COMPASSION

What are some  
compassionate ways to  
treat your  
grandparents?



THINK & DISCUSS





# COMPASSION

What is one way you wish people would be more compassionate?



THINK & DISCUSS

# COMPASSION

What is one way that you want to be more compassionate?



THINK & DISCUSS

# COMPASSION

Is it compassionate to help your parents around the house? Why?



THINK & DISCUSS

# COMPASSION

Is it compassionate to help others who are younger or elderly?



THINK & DISCUSS

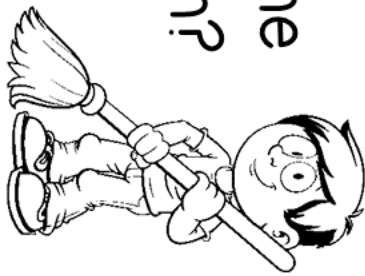


# COMPASSION



**THINK & DISCUSS**

Is it compassionate  
to help your  
teacher keep the  
classroom clean?  
Why?



# COMPASSION



**THINK & DISCUSS**

How can you show  
compassion to  
someone who is  
sick?

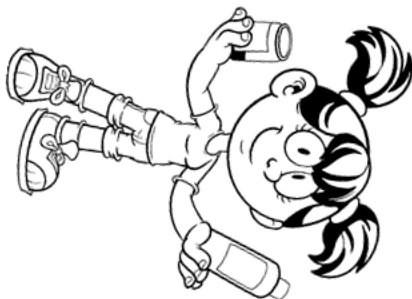


# COMPASSION



**THINK & DISCUSS**

How can you  
show  
compassion for  
someone who  
is struggling  
and in need?



# COMPASSION



**THINK & DISCUSS**

Is it compassionate to  
invite the new person  
to sit with you? Why?

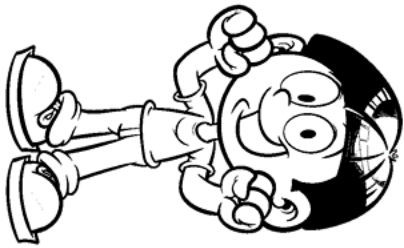


# COMPASSION



## THINK & DISCUSS

How can you show  
compassion to  
someone who  
has less abilities  
than you?

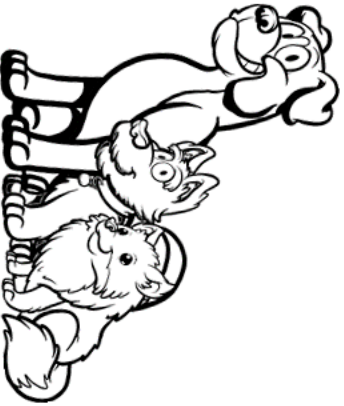


# COMPASSION

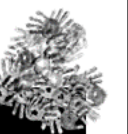


## THINK & DISCUSS

How can you show  
compassion to animals?



# COMPASSION



## THINK & DISCUSS

How can you  
show  
compassion if  
you see someone  
crying?



# COMPASSION



## THINK & DISCUSS

How can you show  
compassion to your  
teachers  
and  
coaches?

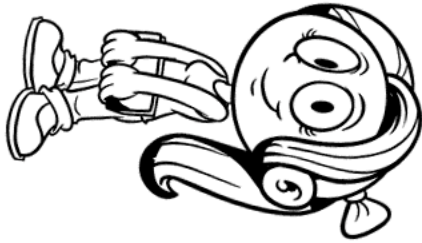


# COMPASSION

How can being  
compassionate  
change the way  
that others view  
you?



**THINK & DISCUSS**



# COMPASSION

How can being  
compassionate benefit  
your life?



**THINK & DISCUSS**

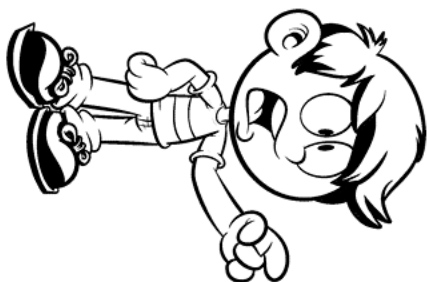


# COMPASSION

When someone shows  
uncompassionate  
behavior  
frequently  
how do others  
view them?



**THINK & DISCUSS**



# COMPASSION

Is being compassionate  
an important character  
trait to have in a friend?



**THINK & DISCUSS**

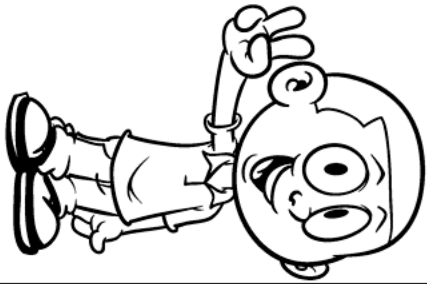


# COMPASSION

Is being  
compassionate  
an important  
character trait  
for a leader to  
have?



**THINK & DISCUSS**



# COMPASSION

Is being compassionate  
an important  
character trait  
to have when  
using a phone or  
computer?

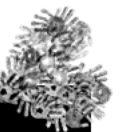


**THINK & DISCUSS**



# COMPASSION

Is being compassionate  
an important character  
trait for a  
student to  
have?



**THINK & DISCUSS**



# COMPASSION

Is being  
compassionate an  
important character  
trait  
to show working  
in a career?



**THINK & DISCUSS**





# COMPASSION

## SITUATION CARDS

# SITUATION

## WHAT WOULD YOU DO?

# CARDS

### TIPS FOR USING CARDS



- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides

### DIG DEEPER QUESTIONS

- What is the compassionate thing to do and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the compassionate thing to do? Why?
- What are all the different decisions that could be made?



# COMPASSION

## WHAT WOULD YOU DO?

Your friend asks if you could help him get up because he hurt his knee.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Your friend had a terrible day and is crying.

What is the compassionate thing to do?

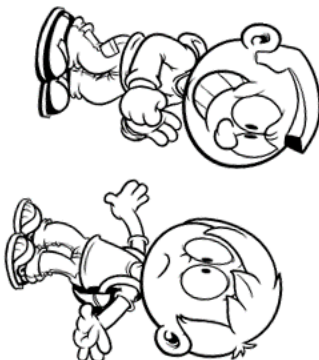


# COMPASSION

## WHAT WOULD YOU DO?

You see someone bullying another kid at recess.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Your mom had a bad day at work and looks really stressed.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Your classmate forgot their crayons at home, and you have a bunch of extra ones.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

You see someone who is not being included in the activity.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

There are a lot of dishes in the sink and your mom has to work late tonight.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Your class is collecting items for families in need during the holidays.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

A little kid in the store is crying because he is lost.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Your friend's mother is very sick and he is worried about her.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

A teammate missed an important goal and everyone is mad at him.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Someone tells you a rumor they heard about a classmate.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

You see your teacher struggling to carry a bunch of things through the door.

What is the compassionate thing to do?

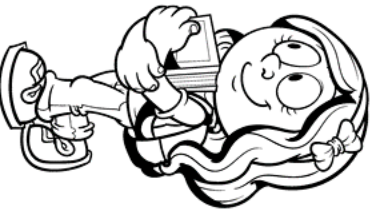


# COMPASSION

## WHAT WOULD YOU DO?

A student is having a hard time carrying their project in the hallway.

What is the compassionate thing to do?

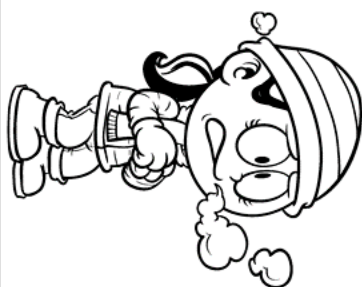


# COMPASSION

## WHAT WOULD YOU DO?

It is really cold out and a kid at the bus stop has no jacket.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

You see other kids being mean to someone on social media.

What is the compassionate thing to do?



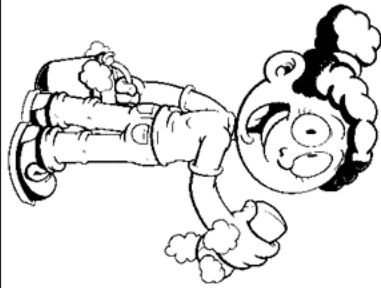


# COMPASSION

**WHAT WOULD YOU DO?**

You see someone made a mess in the bathroom.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

You see a homeless person on the street.

What is the compassionate thing to do?

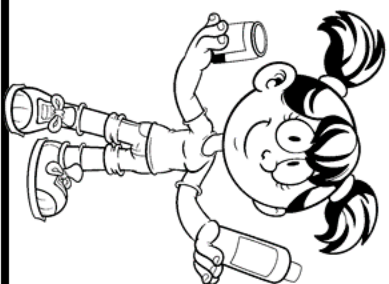


# COMPASSION

**WHAT WOULD YOU DO?**

You see litter on the ground in playground area.

What is the compassionate thing to do?

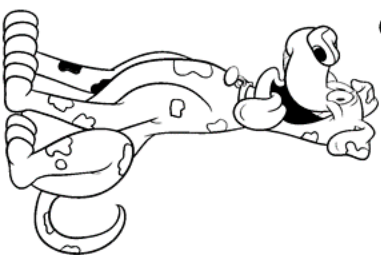


# COMPASSION

**WHAT WOULD YOU DO?**

You see a stray dog that looks like it's starving.

What is the compassionate thing to do?



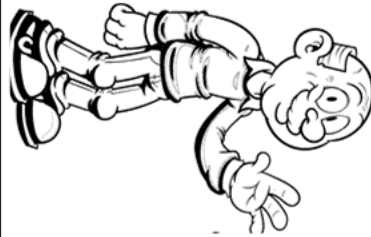


# COMPASSION

## WHAT WOULD YOU DO?

Your elderly neighbor is having trouble keeping up with their house and yard.

What is the compassionate thing to do?

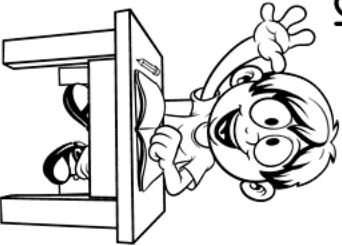


# COMPASSION

## WHAT WOULD YOU DO?

You notice no one is participating in the activity for the career day presenter.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Your brothers rollerblades are too small for him, yours would fit him and you never use them anymore.

What is the compassionate thing to do?

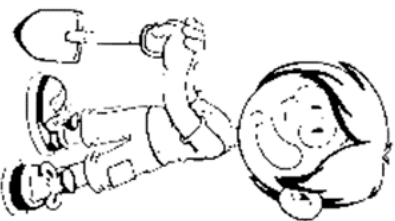


# COMPASSION

## WHAT WOULD YOU DO?

Your grandma can't do her lawn anymore.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

You are playing soccer and notice a kid does not have a ball, you have an extra one.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

The new kid looks lost in the hallway.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

Your sibling is struggling with math and you are really good at math.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

You have a lot of food for lunch today and notice that your friend forgot their lunch and has nothing.

What is the compassionate thing to do?

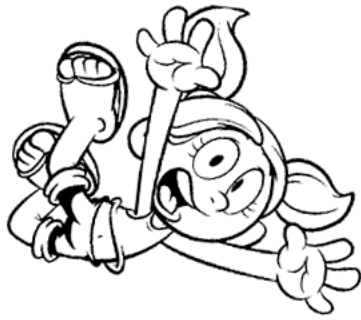


# COMPASSION

## WHAT WOULD YOU DO?

Your friend trips and falls in front of the entire cafeteria. She is very embarrassed.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Your sister wants to learn to play guitar and you know how to.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

You are at the pool with your family and you see your little brother struggling to swim.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

You are racing at P.E. and one of your classmates falls down. If you stop to help, you won't win the race.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

Your neighborhood is asking for volunteers to help plant a community garden.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

You find out that a relative is sick in the hospital.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

Your friend looks exhausted and like they might pass out.

What is the compassionate thing to do?



# COMPASSION

**WHAT WOULD YOU DO?**

Your friend trips at recess and looks really hurt.

What is the compassionate thing to do?





# COMPASSION

## WHAT WOULD YOU DO?

Your friend needs help fixing their music player, they don't know how to but you do.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

Your new classmate just moved here from another country and does not know much English.

What is the compassionate thing to do?

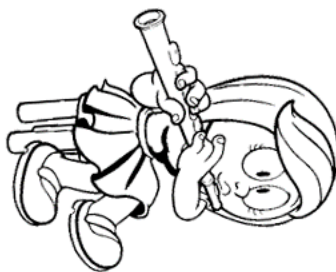


# COMPASSION

## WHAT WOULD YOU DO?

Your friend is next up on the talent show and they look very nervous.

What is the compassionate thing to do?



# COMPASSION

## WHAT WOULD YOU DO?

There is one kid in your class that never gets invited to parties, you are throwing a pool party next week.

What is the compassionate thing to do?





# COMPASSION

A FEELING OF

*deep sorrow*

FOR ANOTHER WHO IS

*suffering*, ALONG WITH

A STRONG DESIRE TO

*relieve* THAT

SUFFERING.

CHARACTER EDUCATION

# COMPASSION

A FEELING OF *deep* sorrow

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CHARACTER EDUCATION

# COMPASSION

A FEELING OF *deep* sorrow

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CHARACTER EDUCATION

# COMPASSION

A FEELING OF *deep sorrow* FOR ANOTHER WHO IS *suffering*,  
ALONG WITH A STRONG DESIRE TO *relieve* THAT SUFFERING.

Offer to help  
someone.

Speak and  
act kindly.

Take time to  
listen to others.

Advocate for the  
rights of others.

Volunteer,  
donate to charity.

Use words of  
encouragement.



CHARACTER EDUCATION

**QUOTE ABOUT**

# **COMPASSION**

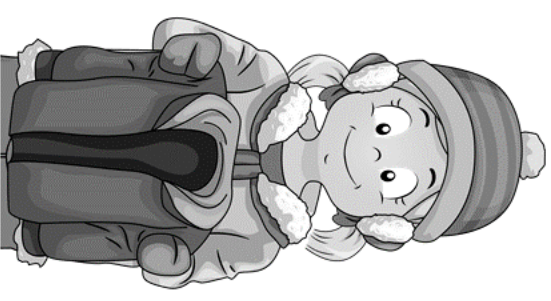
**“ONLY THE DEVELOPMENT OF COMPASSION  
AND UNDERSTANDING FOR OTHERS CAN  
BRING US THE TRANQUILITY AND  
HAPPINESS WE ALL SEEK.”**

**- DALAI LAMA**



# STUDENTS WITH

# COMPASSION



## HELP OTHERS USING KIND WORDS AND ACTIONS.

- ✱ Offer to help others who are in need.
  - ✱ Speak and act kindly.
  - ✱ Actively listen to others.
- ✱ Use words to console, compliment, and encourage.

# CAREERS WITH COMPASSION VETERINARIAN



A Veterinarian, also known as a Vet, is a medical professional who provides animal health care. This includes diagnosing health problems, vaccinating against diseases, medicating animals suffering from illnesses, treating and dressing wounds, setting fractures, performing surgery, and advising owners about animal feeding, behavior, and breeding. Vets often work in Veterinary clinics, hospitals, farms, or zoos. Veterinarians must be compassionate when working with animals and their owners. They must treat animals with kindness and respect, and be sensitive when dealing with the owners of sick pets.

CHARACTER EDUCATION

# LEADERS WITH COMPASSION

## MOTHER TERESA



Mother Teresa was a Nun and Missionary. She devoted her life to helping others. She founded the Missionaries of Charity which now has over 4,000 Nuns operating 610 missions in 123 countries. These included hospices and homes for people with HIV/AIDS, leprosy, and tuberculosis. It also provided soup kitchens, children and family counseling programs, orphanages, and schools. She was awarded the Nobel Peace Prize in 1979 for work undertaken in the struggle to overcome poverty and distress. She refused the monetary award and asked that it be given to the poor in India. She showed us the power of selfless giving, kindness, and compassion, she said “The fruit of love is service, which is compassion in action.”

CHARACTER EDUCATION

# DIGITAL

# COMPASSION



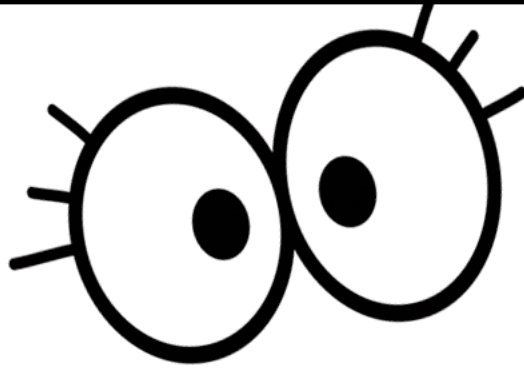
USE THE INTERNET FOR GOOD AND AS A  
WAY TO HELP OTHERS.

- ✱ Before you press send, think, is it kind and helpful?
- ✱ Send a message to check on someone and offer help.
- ✱ Spread awareness online for a charity or cause.
- ✱ Tell an adult if you see cyberbullying.

# COMPASSION

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## LOOKS LIKE



- \* I help people.
- \* I include others.
- \* I cheer people up.
- \* I pitch in when there's work to do.
- \* I hold doors open for people.
- \* I give a hug, handshake, or pat on
- \* the back.
- \* I give to those in need.



# COMPASSION

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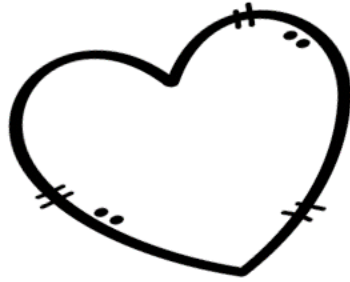
## SOUNDS LIKE



- \* I offer to help others.
- \* I give compliments to others.
- \* I comfort someone who is upset.
- \* I encourage and motivate others.
- \* I invite someone new to play.
- \* I tell people I care about them.
- \* I listen to someone who need to talk.

# COMPASSION

## FEELS LIKE

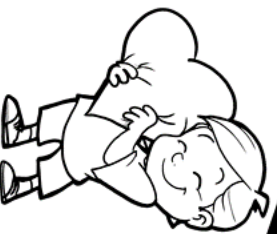


- \* I feel helpful.
- \* I feel proud of myself.
- \* I feel a sense of purpose.
- \* I do something kind without
- \* expecting a reward.
- I feel happy by helping others.
- \* I feel connected to others.
- \* I forgive myself and others.

# MY COMPASSION PLEDGE

This is how I am going to show Compassion:

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Pledge by: \_\_\_\_\_

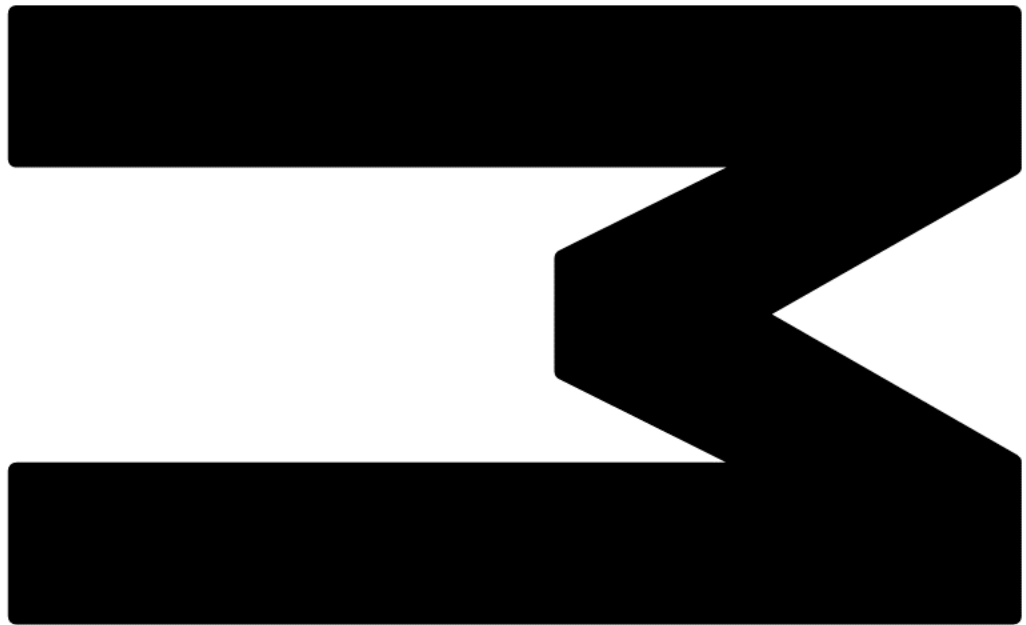
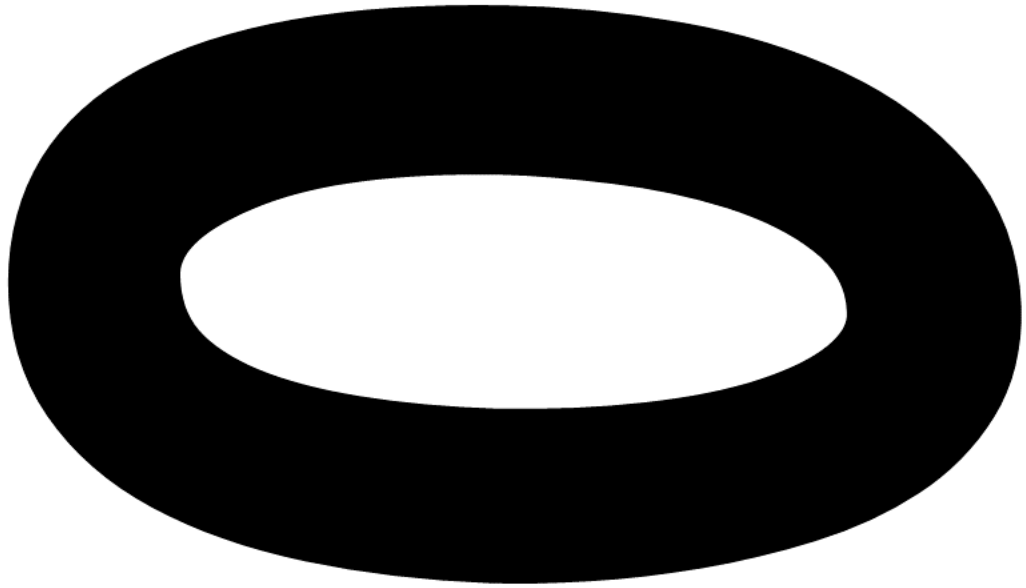
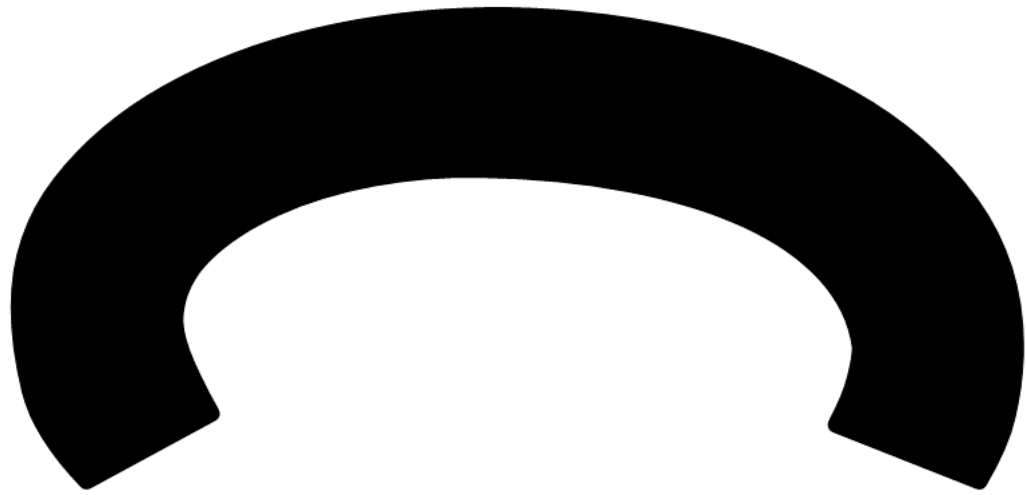
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Pledge by: \_\_\_\_\_

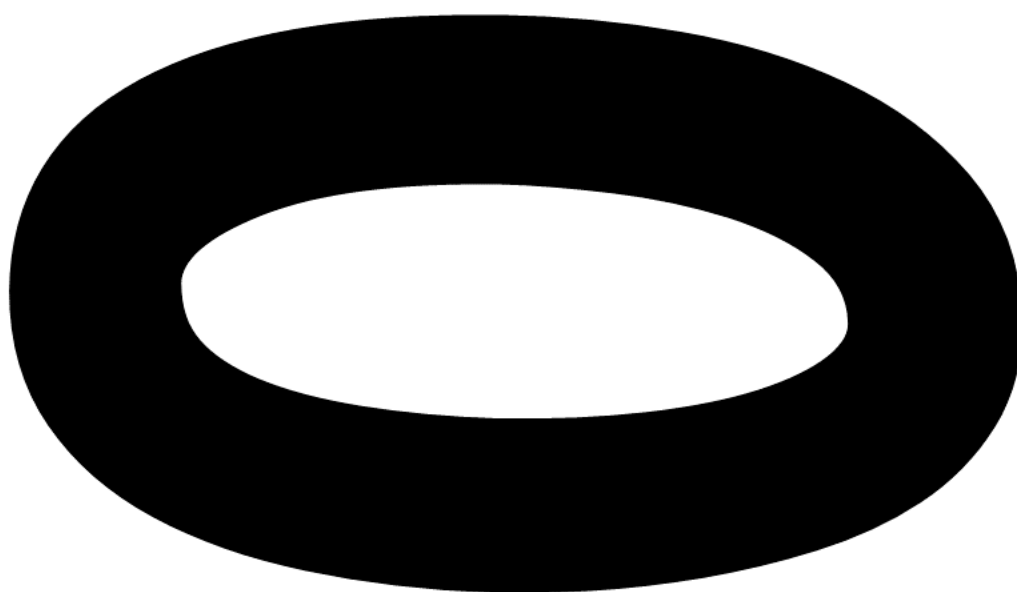


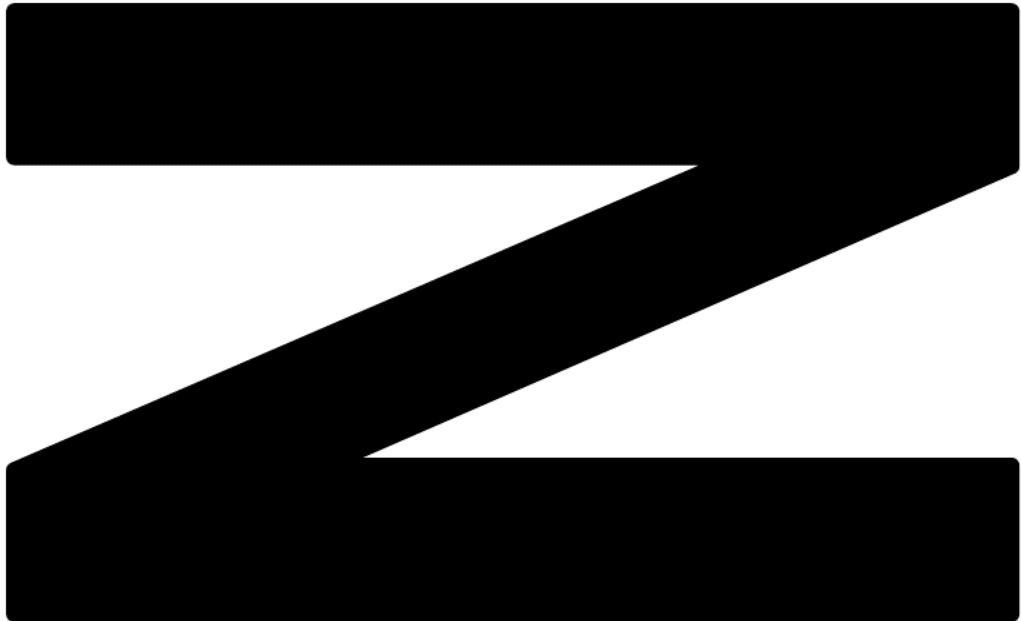


**U**

**A**

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# GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Character Education: Compassion](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

**YOU HAVE TO MAKE A COPY FOR EACH STUDENT!**

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



**Thank you for supporting my little shop!**

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

Access my  
Freebie Library

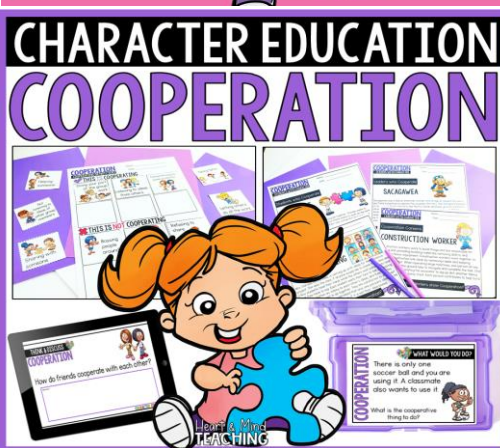
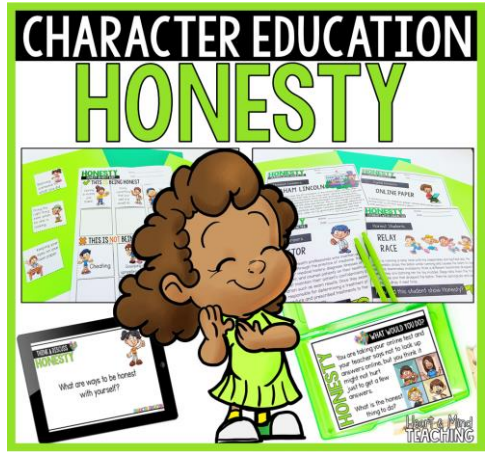


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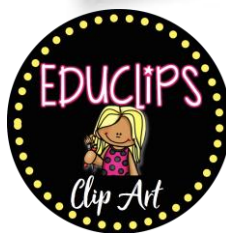
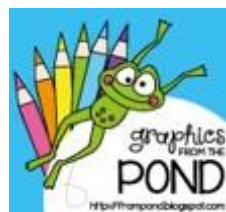
Ashley

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