

# Compassion

**COMPASSION** means a sympathetic understanding of another person's pain with the desire to relieve it.

## LESSON 1

Read the definition of **COMPASSION**. Ask students to name a person that is compassionate. Examples include: friends, parents, grandparents, etc. Allow students to share how the individual they identified shows kindness. Instruct students to think about how they could act that would show compassion. Discuss their ideas. As time allows, ask students to role-play their examples of compassion. Reinforce the importance and power of simple acts, such as caring for animals, being a good friend, treating people respectfully, etc.

**School/Home Link** - Ask students to tell a family member about the person they identified as compassionate.

## LESSON 2

Review the definition of **COMPASSION**. Read and discuss the following verse:

**When someone is sad, try to understand.  
Be kind and offer a helping hand.**

Ask students to repeat the verse aloud together. Explain that when they understand another person's feelings, they have a better idea of how to help. Discuss ways they can "offer a helping hand" to others. Examples include: welcoming a new student, helping with homework, caring for someone who is hurt, etc. Ask students to think about a time when they felt sad and tell how another person helped them to feel better. As time allows, ask students to trace one of their hands. Inside the outline, ask them to write or draw an act of kindness they can do with their hands.

**School/Home Link** - Ask students to talk with a family member about compassion.

## LESSON 3

Review the definition of **COMPASSION**. Write the word **Dolphin** on the board. Ask students to share what they know about dolphins. Share the following fun facts: **Dolphins live in the sea, like to eat sardines, breathe air through a blowhole, can stay under water for 15 minutes, and have about 100 teeth.** Read: **Dolphins are known to be friendly, intelligent, and helpful. Once, a mother and baby whale got stuck on a sandbar near the coast of New Zealand. They could not find their way back to deep water. Some compassionate people tried to rescue the whales by helping them back into the water, but the whales kept getting confused and ended up back on the sand in the shallow water. They were in great distress, and in danger of dying when a dolphin swam up to help the whales. The dolphin guided the whales to a deep-water channel where they were able to swim past the sandbar into the safety of the ocean.** Discuss the different acts of compassion in the story. As an extended activity, ask students to research additional information about dolphins.

**School/Home Link** - Ask students to do an act of compassion for a family member.

## LESSON 4

Review the definition of **COMPASSION**. Read: **Florence Nightingale is a great example of compassion. She was a nurse who dedicated her life to caring for the sick and wounded in the 1800's. She was affectionately called "The Lady with the Lamp," because she carried a lamp as she worked long into the night caring for her patients.** Discuss how she contributed to the betterment of others by showing compassion. As time allows, write the following sentences on the board: **The example of Florence Nightingale \_\_\_\_\_ (teach) me about compassion. I \_\_\_\_\_ (learn) to be compassionate.** Ask students to use the present tense of the verbs in parentheses to complete each sentence. (Answers: teaches, am learning)

**School/Home Link** - Ask students to tell a family member about Florence Nightingale.

## LESSON 5

Review the definition of **COMPASSION**. Read: **Carter's teacher was holding a toy drive for children who did not have any toys. The teacher wanted to see if her students would be willing to share some of their toys with other children who did not have as much. Carter went home and counted 12 toys in his toy box. He loved every one and didn't want to share.** Ask students to pair with their neighbor and discuss two different endings to this story. Discuss the consequences if Carter is compassionate and if he is not. As time allows, ask students to calculate how many toys would be left if Carter gave two away? (Answer:  $12 - 2 = 10$ )

**School/Home Link** - Ask students to talk with a family member about a time when he or she showed compassion for another person, even if it was hard.