

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: mom, dad, grandma, 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. Reinforce the importance and power of simple acts, such as caring for animals, being a good friend, listening, etc. As time allows, have students draw a picture of a compassionate action.
***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.**

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: helping with a big project, sharing their toys, helping when someone is hurt, etc. Ask students to think about a time when they felt sad and tell how another person helped them to feel better. Have students repeat the verse.

***School/Home Link** - Ask students to share the verse with a family member.*

LESSON 3

Review the definition of **COMPASSION**. Draw a capital letter "D" on the board. Tell students that the word "Dolphin" begins with a "D." Ask students to share what they know about dolphins. Share fun facts including: Dolphins live in the sea, eat fish, breathe air through a blowhole, etc. Read: **Dolphins are known to be friendly, intelligent, and helpful. Once, a mother and baby whale got stuck on a sandbar. 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. 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 think of other animals that begin with the letter "D". Examples include: Dog, Dinosaur, Donkey, Duck, Deer, etc.

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

LESSON 4

Review the definition of **COMPASSION**. Explain that understanding how other people feel is an important part of compassion. Ask students to show by their facial expressions the following emotions: **Happy, Sad, Angry, and Scared**. Ask them to make a face to show how Nikki might feel in the following scenarios: 1) Nikki fell on the playground and got a deep cut in her leg. (Scared, Sad) 2) Roger teased Nikki about needing to wear a brace on her leg. (Angry, Sad) 3) Roger helped Nikki by holding the door open for her. (Happy) Discuss their ideas. As time allows, include more scenarios. Encourage students to think about how another person feels and then act with kindness.

***School/Home Link** - Ask students to talk with a family member about understanding another person's feelings.*

LESSON 5

Review the definition of **COMPASSION**. To help students understand the concept of compassion, read: **Mia's teacher was holding a toy drive for children who did not have any toys. The teacher was hoping her students would be willing to share some of their toys with those who did not have any. Mia went home and counted five toys in her toy box. She loved every one and didn't want to share. So, the next day at school, when the teacher asked who was willing to share their toys, everyone raised their hand except for Mia. Ask students if they thought Mia showed compassion. Ask why or why not.** Invite students to think of different endings to the story. Discuss the consequences if Mia shows compassion and if she does not show compassion. As time allows, draw five circles on the board to represent five toys. Place an X on one circle. Ask students to count the remaining circles to determine how many toys would be left if Mia gave one away? (Answer: $5 - 1 = 4$) Congratulate students for getting the correct answer.

***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.*

Texas Essential Knowledge Skills

110.11- ELA: 1 (A), 1 (E), 2 (A), 2 (B) 4 (B), 16 (B), 21 (A), 21 (B), 22, 23

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