



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 if they can think of someone whom they feel is compassionate. (Examples include: mom, dad, grandma, etc.) Read: **Florence Nightingale is a great example of compassion. She was a nurse who dedicated her life to caring for the sick and wounded. She was born in 1820 in Florence, Italy. 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.

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

LESSON 2

Review the definition of **COMPASSION**. Write *Compassion* on the board and circle it. Have students think of synonyms (words that mean the same) for compassion and write those on rays extending out from the circle. Examples include: love, sympathy, understanding, etc. Discuss the importance of these qualities. As time allows, ask students to write two complete sentences using the synonyms.

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

LESSON 3

Review the definition of **COMPASSION**. Read: **A man was walking down the beach when he noticed a young girl picking up starfish and throwing them back into the ocean. Seeing how many starfish had washed up on to the beach, he confronted the girl on her useless endeavor. He said, "There are far too many starfish to throw them all back into the ocean. You will never make a difference." The young girl looked down at the starfish she was holding in her hand and tossed it back into the water. She replied, "It made a difference to that one."** Ask students to evaluate how the story applies to them and discuss. Explain that compassion is seeking out individual opportunities to help one another. As time allows, have students draw a picture of a starfish with their name in the middle, and hang them on the wall.

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

LESSON 4

Review the definition of **COMPASSION**. Write the following quote by William Penn on the board: ***"If there is any kindness I can show, or any good thing I can do to any fellow being, let me do it now, and not deter or neglect it, as I shall not pass this way again."*** Explain that deter means to prevent or discourage taking action. Ask students to explain what the quote means in their own words. Encourage students to help others each day, since they may not have the opportunity again.

School/Home Link - Ask students to share William Penn's quote with a family member.

LESSON 5

Review the definition of **COMPASSION**. Read: **Sara'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. Sara went home and counted 21 toys in her toy box. She 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 Sara is compassionate and if she is not. As time allows, ask students to calculate how many toys would be left if Sara gave seven away?

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.