

COMPASSIONATE

To feel or show sympathy and concern for others; to have a desire to help.



“When you starts measuring somebody, measure him right, child, measure him right. Make sure you done taken into account what hills and valleys he come through before he got to wherever he is.”

— Lorraine Hansberry, *A Raisin in the Sun*

When you connect with others and feel concern or sadness, or happiness or excitement for them you are demonstrating compassion. Having the ability to see and feel others is a gift to be shared within your community and certainly with yourself. When you know how to be kind to yourself, you know how to be kind to others. The actions to make things better with a smile, a kind word, or helping hand demonstrate compassion.

Conversation Starters

- What does it mean to be compassionate?
- Have your students think of a time when they were hard on themselves, or extremely disappointed in an outcome, but were able to turn it around by having self-compassion and a positive attitude.
If unable to turn it around at the time, what would they do differently if they could go back in time.
- Have your students come up with ideas for how they can demonstrate compassion and kindness toward everyone within the school community.

The Learning

Have the students answer these questions for themselves and a character they have been introduced to through their reading. It is important for them to connect with the character and draw some parallels as they think about their ability to understand others, show concern, empathize and be kind.

In order to be resilient and allow ourselves to move forward self-compassion is important.

1. How do you/ a character show yourself/ themselves kindness?

2. How do you show kindness to friends?

3. What are some ways you can show compassion to your classroom community?

4. What pulls at your heartstrings and motivates you to help others?

“People have a right to be the way they are.”
— Judith Guest, *Ordinary People*

**"This above all: to thine own self be true, And it must follow, as the night the day,
Thou canst not then be false to any man."**

- Polonius, Act I, Scene III. Hamlet

Compassionate Assignment

Write yourself or a friend a letter acknowledging the difficulties you/ they are going through. We all struggle and when others walk with us and when we are able to see ourselves and our abilities and confidently know we can overcome with some self-compassion it helps us to move forward.

This assignment highlights the importance of creating safe spaces for students to show up and bring however they are feeling into the space. The classroom is this space for them and when they know and feel this they are able to effectively learn and share their experiences.

