Why Be Compassionate?

Prerequisite: Completion of Lessons 1 & 2

Objectives  
- Describe how compassion relates to making and keeping friends
- List positive outcomes and benefits of compassion
- List negative outcomes of not being compassionate

Materials
- A/V to play video
- Find a Friend Who (1 copy per student)
- Clipboards (1 per student)
- Compassion Sort (1 copy per pair)
- Scissors
- Glue/glue sticks

Teacher Notes

Being caring and compassionate helps form and strengthen social bonds and friendships, but we feel empathy more for close friends than we do for others. In this lesson, students will understand that caring for others is just as important as caring for friends. Students will learn that they should feel empathy and compassion for everyone because it builds stronger relationships.

Compassion is when you SEE someone in need, CARE about their feelings, and DO something to show you care.

Opening  5 min
Format: Turn and talk, activate prior knowledge, video

Debrief 5 min
Format: Whole group debrief

Last time, we learned about the difference between empathy and compassion and also how empathy leads to compassion. Turn and talk to a neighbor about these questions: What do you remember about empathy and compassion? When someone is hurt and needs something, how do you know? Have a couple of volunteers share out with the class. Today, we’re going to talk about why it’s important to be compassionate and how being compassionate can help us make and keep friends.

Let’s check out a quick video together to see an example of something good that happens when someone showed compassion. Gabby and David and his pet rat star in this video. Let’s see what happens.

Show video: Runaway Rat

Discuss as a class:
- Who in this video showed compassion? How?
- Why did Gabby show compassion?
- What happened because of Gabby showing caring/compassion?

Have students turn and talk to a partner:
- Should you only show compassion to your friends?
- Why is it important to show show caring/compassion to each other?

After students have shared with a partner, allow a few students to share with the whole group. Explain that sometimes, though, even when you show compassion to someone, they might still not want to be friends with you - but that’s ok! You did the right thing!
Debrief Cont.

Activity Part 1

10 min
Format: Whole group discussion, partner chat, movement/kinesthetic

Next, we are going to do an activity to develop our classroom community and help us learn more about each other. This activity will help us to feel more empathy because we will learn about some of the things we have in common and then we can see some ways we can relate to each other.

Distribute the Compassion Sort sheets (1 per pair), scissors, and glue sticks.

Ask students if they know what an “outcome” is by indicating with their thumbs. Thumbs up means totally know what it is; thumbs down means never heard it before; thumbs in the middle means have heard it before but not exactly sure what it means.

If many students do not know what an outcome is, explain it as a synonym for “effect” and give a few cause and effect examples. (e.g. Cause - it’s raining. Effect - you grab an umbrella).

Have students work with their partner to cut and sort the phrases on the bottom of the page into the right category on the top of the page.

Ask them to raise their hands for a check before they glue.

If partners finish early, they can do one of the extension activities below.

Debrief

• Go over the correct answers together as a class
• Discuss why they believe those positive outcomes might happen if you show compassion and why those negative outcomes might happen if you don’t show compassion

Closing

2 min
Format: Formalize learning with the whole group, partner share

• What do you do if you show compassion to someone and they still don’t want to be friends with you?

Discuss together:

• Discuss why they believe those positive outcomes might happen if you show compassion and why those negative outcomes might happen if you don’t show compassion

Turn and talk: Why is learning about each other a way to increase compassion?

Have a few students share out after the turn and talk.

Discuss as a class:

• Why is it important to show compassion even if you don’t think it will lead to a friendship?
Optional: Collect the partner sorts as an evaluation.

Create ‘compassion hearts.’

- Provide pre-cut hearts to students, with pocket sealed on the sides, and open on the top (big enough to hold slips of paper).
- Have students write their name on their heart and attach all the hearts to a class board or to the sides of each student’s desk.
- Students can think of classmates who showed compassion that week, and write a thank you or other note to that student and put it in their heart.

To encourage new connections, designate a “sharing time” during morning or closing meeting.

- You can use any sharing format (around the circle, partner, or dialogue) - https://www.responsiveclassroom.org/sharing-leads-to-learning/.
- Develop questions to ask during the share (1 per meeting)
- Question Ideas credit - https://www.teacherspayteachers.com/Store/The-Southern-Apples

Additional Suggested Reading for Students:

- Have You Filled a Bucket Today? by Carol McCloud
- A Sick Day for Amos McGee by Philip Stead and Erin Stead
- One by Kathryn Otoshi
Morning Meeting Questions

* If you could be any animal for a day, what would you choose?
* Do you have any brothers or sisters? What are their names?
* Where is the coolest place you have ever been?
* If you could have one superpower, what would you choose?
* What is your favorite sport?
* What is your favorite food?
* Where would you like to go on vacation?
* What is your favorite book?
* What is your favorite TV show?
* What subject are you best at in school?
* What is one food you would NEVER eat?
* What is one thing you are scared of?
* Do you like cats or dogs better?
* What is the coolest kind of bug?
* What did you dress up as for Halloween last year?
* What is your favorite thing about ____ grade?
* What was your favorite thing about last year’s grade?
* Have you ever been on an airplane? What was it like?
* What is your favorite kind of fruit?
* What is your favorite kind of vegetable?
* What do you want to be when you grow up?
* What is your favorite cereal?
* What is your favorite thing to eat for breakfast?
* Who is your favorite singer?
* What is your favorite season?
* Would you rather play on the computer or watch TV?
What is your favorite color?
What is one thing you want to learn this year?
Do you have a nickname?
What would you buy with a million dollars?
When is your birthday?
Do you have any pets?
Do you want to be famous when you grow up?
Would you want to travel to the moon?
Name one thing that makes you a good friend.
If you were invisible for a day, what would you do?
What would you teach about if you were the teacher?
Would you like to have a pet dinosaur?
If you could make one rule everyone in the world had to follow, what rule would you make?
If you could give a gift to a friend, what would you give them?
What is something funny that happened to you?
What is your favorite game?
What is your favorite thing to play outside?
What if your favorite thing to play with your friends?
What is the nicest thing you have ever done for someone?
What is your favorite toy?
What is your favorite holiday?
What is your favorite thing about your birthday?
What is your favorite thing to eat for lunch?
What is your favorite thing to eat for dinner?
What is your favorite dessert food?
Name one thing that makes you laugh.
Would you rather be a bird or a fish?
Name one thing you learned in kindergarten.
Would you rather be a giant or a tiny person that can fit in my hand?
Name one thing you would bring with you to a deserted island.
Would you rather be locked outside in rain or snow?
Would you rather have blue skin or blue hair?
Would you rather eat a frog or a bug?
Would you rather only be able to whisper or scream?
What is the first thing you would do if you became President?
Would you rather eat chicken nuggets or hotdogs for the rest of your life?
Would you rather go ice skating or skateboarding?
Would you rather live in the desert or the arctic?
Would you rather live in the ocean or on the moon?
What is your favorite movie?
What is your favorite time of day?
What is the weirdest thing you’ve ever seen?
Would you rather live on a boat or in an airplane?
What is your favorite song?
What is the weirdest thing you’ve ever eaten?
What is your middle name?
Where do you want to live when you grow up?
What is your favorite restaurant?
What do you like to do on the weekend?
What is your favorite thing to do at recess?
Would you rather swim in a pool or at the beach?
What is your favorite candy?
What is your favorite drink?
If you could meet someone famous, who would it be?
Would you ever want to go to a haunted house?
Would you rather be a bird or a fish?
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• Would you rather be a giant or a tiny person that can fit in my hand?
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Find a Friend BINGO

* Find a different person to sign their name in a box that tells about them
* When you have each box signed, yell “BINGO!”

Options for classes with less than 25 students:
* Allow students to cross out 3 squares, 2 squares, etc.
* Allow 3 (or less, or more) to sign on more than one square
* The teacher chooses which squares are crossed out

Find a DIFFERENT person to sign their name in a box that tells about them. When you have each box signed, yell out “BINGO!”

Name:_________________________________________________

<table>
<thead>
<tr>
<th>I like to go swimming.</th>
<th>I have a dog as a pet.</th>
<th>I have more than 3 brothers and/or sisters.</th>
<th>I have been to another country.</th>
<th>I like pickles.</th>
<th>I was born in another state.</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am wearing more than 3 colors.</td>
<td>I like scary movies.</td>
<td>I play baseball.</td>
<td>I have two pets at home.</td>
<td>My birthday is in April.</td>
<td>I own a skateboard.</td>
</tr>
<tr>
<td>I like to play video games.</td>
<td>I have the letter “B” in my name.</td>
<td>I like read.</td>
<td>I live in a two story house.</td>
<td>I have baked cookies.</td>
<td>I have been fishing.</td>
</tr>
<tr>
<td>I watched a movie last week.</td>
<td>Pizza is my favorite food.</td>
<td>My favorite subject is Math.</td>
<td>I know how to roller skate.</td>
<td>I like chocolate ice cream.</td>
<td>I ate cereal this morning.</td>
</tr>
</tbody>
</table>