

Compassion

In Your Shoes

Compassion is understanding how people feel and caring for them. Imagine you are in someone else's shoes (bigger and smaller!) and pretend to walk like them. Is it hard to walk? Is it uncomfortable? Thinking about how that person feels is being compassionate.

Showing Compassion to Others

Ask one child to pretend they are sick, and ask another child to practice showing compassion. They may help the sick child into bed, read them a story, bring them a drink, fix them a snack, and sing them a song. Helping others when they are not feeling well is showing compassion.

Appreciating Others

Draw a picture of people who are compassionate to you. Do your parents give you a place to live and give you the things you need? Do your teachers share new ideas with you? Do your siblings and friends play with you? Look how many people are compassionate in your life!

Showing Compassion to Our Earth

When we are compassionate to the earth we live on, we think about what the earth needs to stay healthy and we make sure not do things to harm it. Draw pictures of ways you can show compassion for the earth, such as recycling, conserving water, and growing a garden.

Showing Compassion to Our Animal Friends

What animals are in your neighborhood or in your country? Encourage the children to go outside or visit a zoo to watch the animals and see what they need. There are many animals around our schools and homes as well. Is there any way you can help them? Offer water, food, a clean place to live, a comfortable place to sleep, and friendly play.

Compassion

Helping a Hurt Friend

Sometimes we have falls or accidents, and it is nice when someone shows compassion for us. They might say "That must hurt" or ask "What can I do to help?" Practice what you can say when you see someone else has been hurt.

My Sick Friend

One child will be asked to volunteer to play the role of a sick person. If this exercise is being done at home, have the parent portray the sick person. The sick person will lie down on the floor, the other children will take turns showing their sick friend compassion by taking care of them. For example, they can bring them blankets, food, water and flowers, or read to them, clean for them etc. It is recommended to use props if possible, to make it more interesting. The parent or teacher thanks the children for showing compassion and love to their sick friend.