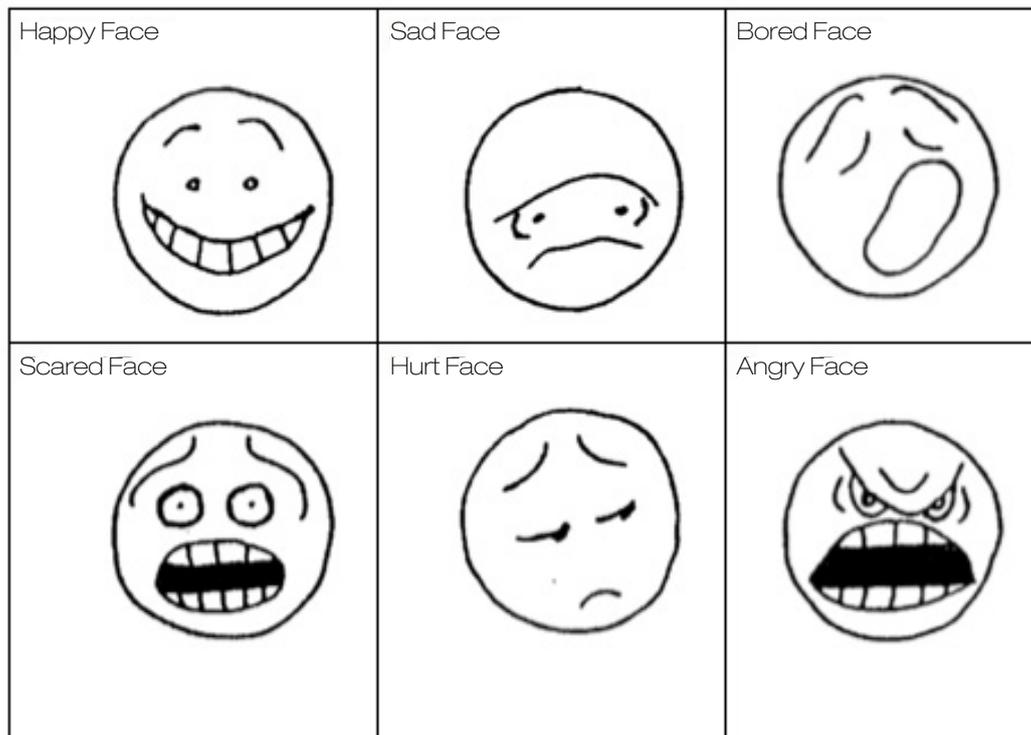


Compassion

Feeling Masks

Objective: To help children learn how to use their words to show compassion and empathize with others.

Draw the following feelings on paper plates.



The teacher may hold up one mask at a time, inviting the students to make that face (e.g., “Can you show me your happy face?”).

Then the teacher may ask the students: “How can we show compassion if our friend shows this type of face (sad / bored / scared / angry)?” as she holds up the corresponding mask.

Give an example such as: to someone with a sad face we can say “I see you are sad. What’s wrong?”

Compassion

Ways to Show Compassion

Objective: To help children practice using compassionate language when someone does something right.

Have the children sit in a circle and pass a ball around. The teacher plays some music and when she stops the music, whoever is holding the ball has to say something that shows compassion to a friend. The following are some examples:

- Are you okay?
- How are you feeling?
- Are you hurting?
- I'm sure you will figure it out.
- You are concentrating on your work so hard.
- I like being your friend.
- No problem. Don't worry.
- I'll help you to clean it up.
- You did it so well.

Find Compassion

Objective: To develop the ability to recognize and appreciate compassion. Using magazines and large poster board, have children find pictures of people who are showing friendship and compassion.

Children work in cooperative groups of 3-4 or in pairs to cut out pictures and glue onto poster board.

A slight variation:

Objective: To express friendliness by acknowledging virtues in others. Give groups of children a circle that is going to be the center of the flower. Write the word "Friends" in the middle. Have students cut out petals and think of describing words for friends (caring, compassionate, loyal, etc) and write those words on the petals. Glue the petals around the center of the flower. Add stems/leaves and hang on bulletin board and name it "A Garden of Friendship".

Compassion

I'll Take a Coupon's Worth of Wonderful

Objective: To practice being compassionate and loving towards others.

Required material: "I think you are wonderful" song by Red Grammar.

We have the power to pass on good feelings.

We can make someone's day better just by what we say to him or her.

Have the children sit in a circle.

Before playing the song "I Think You're Wonderful" talk about honesty and sincerity. Talk about how we need to be honest and sincere when we compliment others.

Play the song. When the song is over repeat the chorus to the children and help them understand its meaning.

Play the song again and have the children sing along with the chorus. The teacher holds up an "I Think You're Wonderful Coupon" and says to the person sitting next to the teacher, "I Think You're Wonderful because I saw you being friendly to your classmates".

The teacher then hands the coupon to that student.

Now it is the student's turn to say something wonderful to the next person in the circle and hand the coupon over. This goes on until everyone in the circle has had a turn to say something nice and to hear something nice about him or her. Invite the children to talk about how it felt when someone told them they are wonderful and it was real. Finish the lesson by singing the song together one more time.

You can repeat this lesson again on another day.

A variation to the game: The teacher gives each child a coupon while saying something wonderful about that child. Then he/she tells the children that they must give the coupon away during the day or week to another child in the class when they think of something wonderful to say to them.

Of course we can spread all the wonderful things said throughout the school. Once the children get the idea, then they can give the coupon away and say something wonderful to others in their school as well. It can be for another teacher in the school or another child, etc.

One day a coupon may come back to them!