

Caring

This is the 4th week in the caring unit. Students will focus on compassion as the natural progression of caring once empathy is identified.

Begin the unit with the whole class lesson and then aim to complete at least two of the mini lessons with your students throughout the week. Each mini lesson is designed to present elements of the main lesson in new and engaging ways.

Main Lesson

Whole Class Lesson
30 minutes



Compassion Wall

This is the 4th week in the caring unit. Students will focus on compassion as the natural progression of caring once empathy is identified.
(See page 2 for lesson details.)

Mini Lessons

For Small Groups
15 minutes



Role Plays

Divide the class into groups of 4-6. Provide each group with a scenario and allow them 5-7 minutes to create a role play that demonstrates compassion. (Scenarios are found below.)

For Partners
15 minutes



Domino Effect

With a partner, identify a personal example of compassion. Discuss how that made you feel and what you did differently because of that experience. How did that act of compassion change you and your experience during that moment?

For Individuals
15 minutes



Make a Change

In your journal, write about the following: What is something in our school, community, country, or even world that you would like to help change? How can you use your skills to make a difference?

Technology-Focused
15 minutes



Compassion Decreased

How does the use of technology limit our capacity for compassion? As a group, guide a discussion around the struggle to feel compassion when the only source of information is through text. How do our assumptions drive our ability to empathize and show compassion? As a class, brainstorm one solution to this problem.

Compassion Wall

This is the 4th week in the caring unit. Students will focus on compassion as the natural progression of caring once empathy is identified.

Lesson Timeframe

30 minutes

Required Materials

- Butcher paper
- Marker
- Pens/Pencils
- Large Post-It Notes

Standards Map

This lesson aligns with CASEL Competencies, National Health Education Standards, International Society for Technology in Education Standards, when applicable, and Common Core State Standards. Please refer to the [Standards Map](#) for more information.

Lesson Objective

Students will:

- Utilize empathy as a motivational tool to increase compassion within your everyday life.
- Practice compassion on both a local and national scale.

Teacher Connection/Self-Care

In our Caring Unit, the capstone emotion is compassion: the desire to help those in need. How do your students need you today? How do your colleagues need you? In what ways can you show compassion while still maintaining professional and personal boundaries? Remember that being compassionate does not mean you are responsible for solving everyone's problems. You cannot change a student's home life. You cannot magically improve another teacher's classroom management skills. What can you do to show compassion when you see others struggling? You can provide a stable, healthy classroom environment for students to thrive while they are in your care. You can offer strategies, if asked, to help your colleague make small, positive changes in their classroom management. Compassion is about helping where you can and being supportive while recognizing that not every problem is yours to solve. Being present, listening, empathizing, and acting when able are good steps toward showing compassion toward your students and coworkers.



Share

3-5 minutes

We have reached our final week in the caring unit. The last piece of the caring puzzle is compassion. Compassion is defined as feeling empathy for and wanting to help another in need.

Think about a time when you have had compassion for someone else. Turn to your neighbor and share that example.



Inspire

3-5 minutes

Do you remember last week? We discussed empathy and how to find common ground with anyone, even those that live in other parts of the world. The next natural step is compassion. Our empathy allows us to feel for someone and see things from their perspective, which in turn motivates us to want to help them in their time of need. This is compassion!



Empower

15 minutes

Explain that the class will now identify ways they can show more compassion at school through independent pledges. They will then invite the rest of the school community to also make a pledge by adding to the Compassion Wall as they pass by.

Step 1: On butcher paper, write the phrase, “I show compassion by...” This will become your Compassion Wall to be displayed in the hallway outside of your classroom. (If you have a bulletin board, you can use this to set it up as well.) Write the title “Compassion Wall” across the top, with the sentence starter, “I show compassion by...”

Step 2: Using a sticky note, each student will write a personal pledge identifying one way they can show compassion in school this year.

Step 3: At the end of class, use the pledges as an exit ticket. Have each student read their pledge aloud and place it on the Compassion Wall outside your classroom.

Step 4: Provide additional sticky notes and sharpies to invite passersby an opportunity to add their own response throughout this unit! If desired, keep the Compassion Wall up for the entire year. As time allows, read aloud new additions to your class to keep the caring and compassionate tone going after the week is over!



Reflect

5-7 minutes

As a class, discuss examples of compassion that you have observed within your school so far this year. What experiences most affected you? How can you take this and turn it around to be compassionate to others?

Check in with each student at least once this week to gauge their compassion level at school. In what areas are they struggling? How can they use empathy as a catalyst for showing compassion?

Compassion Scenarios

Scenario #1

A new boy starts school in the middle of the year. He doesn't know anyone and dresses quite different from everyone else. He walks into your classroom for the first time but looks very nervous. How can you show compassion?

Scenario #2

The girl sitting next to you in class received a poor grade on her test. She put her head down and is obviously upset. How can you show compassion?

Scenario #3

You see a woman speaking another language and looking confused as she looks up and down the street. You recognize the language and can speak a little of it. How can you show compassion?

Scenario #4

Your friend just overheard some gossip about himself and is extremely upset about it. How can you show compassion?

Scenario #5

Your friend comes to school very upset. She tells you that her parents are getting divorced and her father has moved out of the house. How can you show compassion?

Scenario #6

Your teammate just injured his leg during his championship game and must sit out for the rest of the game. How can you show compassion?