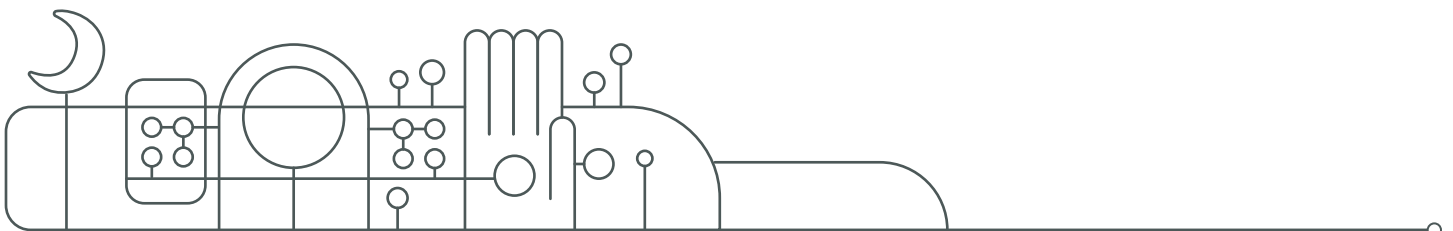


The Compassion Project

Course Outline

Unit	Lesson	Description	Learning Objectives "Students will be able to..."
Understanding Compassion	1. What Is Compassion?	<p>Before students can understand how to act more compassionately, they must first develop a foundational understanding of the concept. In this lesson, compassion is taught in context so that young learners are able to relate it to their own personal experiences.</p> <p>*This lesson offers a digital learning extension.</p>	<ul style="list-style-type: none"> ○ Describe and give examples of compassion ○ Identify situations and emotions that may indicate the need for compassion. ○ Describe how to practice/perform acts of compassion.
Understanding Compassion	2. What Is Empathy?	<p>Understanding how someone else feels is a key building block to being more compassionate. Through perspective-taking exercises and discussion, students connect the dots between empathy and compassion.</p> <p>*This lesson offers a digital learning extension.</p>	<ul style="list-style-type: none"> ○ Describe empathy. ○ Compare and contrast empathy and compassion (explain the difference). ○ Describe how empathy leads to compassion.
Understanding Compassion	3. Why Be Compassionate?	<p>Students may feel compassion more easily for those who seem more like themselves than those who they perceive as different. This lesson helps students understand why it is important to treat everyone with compassion- including those who seem very different from themselves.</p>	<ul style="list-style-type: none"> ○ Describe how compassion relates to making and keeping friends. ○ List positive outcomes and benefits of compassion. ○ List negative outcomes of not being compassionate.
Understanding Compassion	4. Our Emotions Part 1	<p>Being able to effectively communicate and identify emotions helps support giving and receiving compassion. By exploring how different scenarios may trigger different emotions, students learn how to effectively describe their feelings.</p>	<ul style="list-style-type: none"> ○ Label emotions and the needs that cause them. ○ Describe how emotions influence behavior. ○ Describe ways to manage difficult emotions.
Understanding Compassion	5. Our Emotions Part 2	<p>When students don't understand how to manage strong emotions, their behavior and decisions may be negatively influenced. This lesson helps students understand constructive ways to handle strong or difficult emotions.</p>	<ul style="list-style-type: none"> ○ Describe what difficult or strong emotions look like and feel like. ○ Describe how emotions can lead to getting or not getting empathy or compassion. ○ Describe ways to manage difficult emotions.



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Understanding Self	6. Self-CARE	Understanding and treating oneself with compassion is just as important as treating others with compassion. This lesson offers students tools to show themselves kindness and respect.	<ul style="list-style-type: none"> ○ Describe how to be compassionate toward yourself. ○ Explain how understanding our own emotions can lead to self-compassion. ○ Describe concepts related to compassion (appreciation and respect).
Understanding Self	7. Being Mindful	<p>The technique of calmly paying attention to the present moment, or being mindful, helps improve self-regulation and sense of well-being. Students practice different mindfulness exercises in this lesson and discuss how it may help their daily routines.</p> <p>*This lesson offers a digital learning extension.</p>	<ul style="list-style-type: none"> ○ Describe and practice mindfulness. ○ Identify when mindfulness is useful. ○ Describe outcomes of mindfulness.
Understanding Self	8. Growing The Brain	Like many skills, compassion can be improved over time through practice. This interactive lesson helps demonstrate how students can improve and grow many different skills through practice.	<ul style="list-style-type: none"> ○ Explain that the brain grows and learns new skills and information. ○ List goals for personal improvement and growth. ○ Describe how growth mindset and compassion are related.
Understanding Self	9. We All Make Mistakes	It can be difficult to practice self-compassion when we feel disappointed in ourselves because we've made a mistake. Through class participation and discussion, students learn how to forgive themselves and others for mistakes and failures.	<ul style="list-style-type: none"> ○ List emotions and feelings that result from mistakes and failures. ○ Describe how compassion and growth mindset are related to mistakes and failures. ○ Describe how to show compassion to self and to others following mistakes and failures.
Understanding Self	10. Overcoming The Inner Critic	During moments of frustration and disappointment, we may use negative self-talk. In this lesson, students will practice applying previously learned concepts such as self-compassion, mindfulness, and growth mindset to overcome the inner critic.	<ul style="list-style-type: none"> ○ Compare and contrast opinions and facts. ○ Describe how negative opinions may impact you and others. ○ Describe how compassion, empathy, and being mindful can help with negative opinions.
Practicing Compassion	11. Everyday Compassion	Research suggests that compassion can have a contagious effect- seeing someone behave compassionately inspires others to act with compassion. Through role-playing activities, students identify concrete ways they will exercise compassion throughout the day.	<ul style="list-style-type: none"> ○ Compare and contrast opinions and facts. ○ Describe how negative opinions may impact you and others. ○ Describe how self-compassion, mindfulness, and growth mindset can help with negative opinions.

Unit	Lesson	Description	Learning Objectives "Students will be able to..."
Practicing Compassion	12. Compassion In Our Class	Compassion is not only about giving to others, but also receiving from others with a sense of gratitude. This lesson explains how students can practice expressing gratitude for others who have shown them compassion.	<ul style="list-style-type: none"> ○ Compare choices that are compassionate with those that are not compassionate. ○ List compassionate acts that include classmates. ○ Describe gratitude and practice being thankful for caring acts.
Practicing Compassion	13. Compassion In Our School	When our own self-interests are in conflict with the interests of others, it may be more challenging to act compassionately. Students will examine barriers to compassion in this lesson and how they can overcome them.	<ul style="list-style-type: none"> ○ List barriers to compassion in a school, and why showing compassion might be hard sometimes. ○ Describe how empathy and growth mindset can make compassion easier. ○ Practice acts of kindness and gratitude.
Practicing Compassion	14. Compassion In Our Communities	Because of their interconnected nature, compassion can be a critical force in strengthening the quality of communities. This lesson helps students understand how they can contribute positively to their communities.	<ul style="list-style-type: none"> ○ Describe what a community is. ○ List examples of compassion in a community. ○ Describe the positive outcomes of compassion in a community
Practicing Compassion	15. Day of Compassion	Student participation in community service projects has a positive impact on behavior and academic achievement. This culminating lesson puts all of the concepts learned into action as students engage in a service project.	<ul style="list-style-type: none"> ○ Practice acts of compassion ○ Students will be able to describe the benefits of participation.