



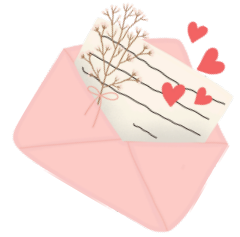
# COMPASSION WITHIN YOUR COMMUNITY



We're diving into the theme: Compassion Within Your Community. From the past to the present, there have always been amazing people who show us what compassion looks like. These inspiring role models help us understand how we can bring more compassion into our own lives. Get ready to discover how you can be a force for good and spread compassion in the world around you!

- Who inspires you to be compassionate?
- What can we learn from them?
- What do these people do that you could bring into your own life?

# COMPASSION IN YOUR COMMUNITY



SMALL GROUP PROJECT (GRADES 3–6)

## OBJECTIVE:

To help students explore what compassion looks like in real life, celebrate role models in their world, and creatively share what they've learned with others.

## MATERIALS NEEDED:

- Coloured paper
- Markers
- YOUR CREATIVITY

## GROUP DISCUSSION – "WHO INSPIRES US?"

In small groups, think of someone in your school, family, neighbourhood, or wider community who shows compassion.

This could be:

- A teacher who helps everyone feel included
- A coach who supports players with kind words
- A church volunteer who helps run programs and always checks in on how people are doing.

## TALK ABOUT:

- What do they do that shows compassion?
- How do they make people feel?
- What kind of words or actions do they use?

# COMPASSION IN YOUR COMMUNITY



SMALL GROUP PROJECT (GRADES 3–6)

## CREATE A "COMPASSION CHAMPION" POSTER

Each group will design a display poster celebrating their chosen person. Their poster should include:

- A title (e.g., "Our Compassion Champion: Mrs. Green")
- A drawing or photo of the person
- Words or short phrases describing their compassionate actions (e.g., "Always helps others," "Listens with kindness," "Welcomes everyone," "Stands up for friends")
- Optional: A quote from the person or from the students about why they inspire them

## EXTENSION (OPTIONAL): MEET YOUR COMPASSION CHAMPION

- If possible, students can:
- Write a letter or email to the person asking, "Why do you choose to be compassionate?"
- Invite them in for a short chat or presentation
- Add what they learn to the poster display!

## END PRODUCT:

- A colourful, meaningful Compassion Display Wall in the classroom or hallway
- Could include all posters and a title like "Compassion Lives Here" or "Real-Life Kindness Heroes"

# COMPASSION THROUGHOUT



## HISTORY



### SMALL GROUP PROJECT (GRADE 6)

#### OBJECTIVE:

To explore real-life examples of compassion through research, reflection, and creative presentation, turning inspiration into action.

#### MATERIALS NEEDED:

- Coloured paper
- Markers
- Laptop
- YOUR CREATIVITY

#### CHOOSE A COMPASSIONATE CHANGEMAKER

- From a list (or your own idea), select a person known for showing compassion.

#### TALK ABOUT:

- Gather information about: What compassionate actions have they taken What values or beliefs guide them Who they've helped or influenced Quotes, interviews, or stories that show their heart Why do you think this person is compassionate? What can you learn from them? What part of their story inspires you most?

# COMPASSION THROUGHOUT



## HISTORY



SMALL GROUP PROJECT (GRADE 6)

### CREATE YOUR DISPLAY: "THE COMPASSION PROFILE"

Create a poster, digital slide, or creative board that includes:

- Title/Name of the Person Photo or Illustration
- Top 3–5 Compassionate Qualities
- Examples of how they show compassion
- Quote or message that shows their values “Inspired Action” section – What your group learned from them and what you can do too (e.g., “We want to include others more, speak up, donate, volunteer, etc.”)

# COMPASSION THROUGHOUT



## HISTORY



### PEOPLE THROUGHOUT HISTORY

CREATE YOUR DISPLAY: "THE COMPASSION PROFILE"

#### HUMANITARIANS:

- Florence Nightingale
- Audrey Hepburn
- Judyth Mamani

#### ACTIVISTS:

- Martin Luther King. Jr
- Nelson Mandela
- Harriet Tubman
- Greta Thunberg

#### SAINTS OR SPIRITUAL LEADERS:

- St Francis of Assisi
- Mother Teresa
- Mahatma Gandhi



EXTRA  
ACTIVITIES



# COMPASSION QUIZ



## WHAT DOES "COMPASSION" MEAN?

1. Ignoring someone who is upset
2. Helping someone because you care
3. Telling people what to do
4. Making fun of someone

## TRUE OR FALSE:

You can only show compassion to your friends.

## WHICH OF THESE IS A COMPASSIONATE ACTION?

1. Sharing your umbrella with a friend in the rain
2. Laughing when someone drops their books
3. Taking the last cookie without asking
4. Walking away from someone crying

## IF SOMEONE IS FEELING LEFT OUT, WHAT IS A COMPASSIONATE THING TO DO?

1. Pretend you didn't see them
2. Invite them to join you
3. Tell them to go find someone else
4. Ignore them

## WHAT IS A SIGN SOMEONE IS BEING COMPASSIONATE?

1. They talk over others
2. They give people dirty looks
3. They listen carefully and show they care
4. They walk away when someone needs help



# COMPASSION QUIZ



## TRUE OR FALSE

Compassion can help make your school a better place.

## WHAT DOES IT MEAN TO "WALK IN SOMEONE ELSE'S SHOES"?

1. Wear their actual shoes
2. Steal their things
3. Try to understand how they feel
4. Race them on the oval

## WHAT COULD YOU DO IF A CLASSMATE LOOKS SAD DURING LUNCH?

1. Ignore them and keep eating
2. Tell them to cheer up
3. Ask if they're okay and sit with them
4. Say, "That's not my problem."

## WHICH OF THESE IS NOT SHOWING COMPASSION?

1. Helping clean up a mess
2. Offering a tissue to someone crying
3. Calling someone a mean name
4. Sitting with someone who's alone

## HOW CAN YOU GROW YOUR COMPASSION SUPERPOWER?

1. Practice kind actions every day
2. Only be nice when it's easy
3. Wait for someone else to help first
4. Keep all your kindness to yourself

 ANSWERS 

## 2. HELPING SOMEONE BECAUSE YOU CARE

Explanation: Compassion is when you notice someone is hurting and you want to help them feel better, not because you have to, but because you care.

## FALSE

Explanation: Compassion can be shown to anyone, even people you don't know. It's about kindness and care for all.

## 1. SHARING YOUR UMBRELLA WITH A FRIEND IN THE RAIN

Explanation: Compassion means noticing when someone needs help and doing something kind to support them.

## 2. INVITE THEM TO JOIN YOU

Explanation: Compassion includes being welcoming and including others, especially when they're feeling alone.

## 3. THEY LISTEN CAREFULLY AND SHOW THEY CARE

Explanation: Compassionate people take time to listen, care, and respond with kindness.

# ANSWERS



## TRUE

Explanation: When everyone treats each other with kindness and care, the classroom and playground become safer, happier places for all.

## 3. TRY TO UNDERSTAND HOW THEY FEEL

Explanation: This saying means using empathy, imagining how someone else feels, which is a big part of compassion.

## 3. ASK IF THEY'RE OKAY AND SIT WITH THEM

Explanation: Compassion means noticing when someone needs help and doing something kind to support them.

## 2. "YOU'LL BE FINE, JUST GET OVER IT."

Explanation: Dismissive comments like "just get over it" can shut people down. Compassion is about listening and being supportive, not minimizing feelings.

## 1. IT HELPS PEOPLE FEEL LESS ALONE AND BUILDS STRONGER COMMUNITIES

Explanation: Compassion helps create a kinder, more connected world. When people feel seen and supported, everyone benefits.



# MY HEART HERO



## ACTIVITY INSTRUCTIONS

### INTRODUCTION PROMPT (OPTIONAL TO READ ALOUD):

Everyone needs a little help showing kindness and compassion, especially when it's hard. Today, you get to create your own Compassion Sidekick! This character will help you spread kindness, stand up for others, and notice when people need support.”

### DRAWING TASK:

Draw your Compassion Sidekick. This could be a person, animal, magical creature, robot, anything you imagine! Give them a name and a unique look.

### LABEL THE QUALITIES AROUND THE DRAWING:

Write or decorate the page with at least 5 compassionate qualities or actions your sidekick shows, like kindness, empathy, caring, helping, understanding, support, generosity, respect, love, and patience.



# MY HEART HERO



DRAW YOUR AMAZING AND UNIQUE HEART HERO HERE: