

DCIU COUNSELING DEPARTMENT NEWSLETTER

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SEL (Social and Emotional Learning) Resources Topic: Compassion

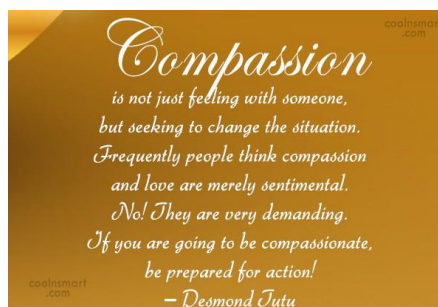
*There are many ways to support students' social and emotional learning in the classroom. The program entitled **Kindness in the Classroom** by the Random Acts of Kindness Foundation (RAK) is a CASEL (Collaborative Academic, Social, and Emotional Learning) SELECT program. This research-based program helps students develop SEL skills. Please see the link for a review of the CASEL wheel and the different elements to help students develop SEL*
<https://casel.org/wp-content/uploads/2019/12/CASEL-Competencies.pdf>

The Caring Unit is the second unit in a series of six from the **Random Acts of Kindness-Kindness in the Classroom Curriculum**. The Caring Unit focuses primarily on helping students care for themselves, for others, and for their learning environment. These lessons focus on compassion, empathy, sympathy, gratitude, and helpfulness. <https://www.randomactsofkindness.org>



What is Compassion?

Compassion literally means “to suffer together.” Compassion is often regarded as having sensitivity and involves “feeling for another” and is a precursor to empathy. Compassion motivates people to go out of their way to help the physical, mental, or emotional pains of others and themselves. Scientific research has shown that when we feel compassion, our heart rate slows down, we secrete the “bonding hormone” oxytocin, and regions of the brain linked to empathy, caregiving, and feelings of pleasure light up, which often results in our wanting to approach and care for other people.



Lessons on Compassion

Elementary (K-3)



- **Character Education: Compassion**

<https://youtu.be/9ylsG5zx6Mo>

Download the worksheet for discussion questions regarding the video

<https://www.unav.edu/documents/8554517/16860196/LCS+Plantilla+Ficha+2+Compasi%C3%B3n+ENG.pdf>

- **Singa and the Kindness Cubbies (Ep 3) – Compassion)**

<https://www.youtube.com/watch?v=keDe8ROKceE>

All Grade Levels

- **Have Compassion - Empower Tools- Mindfulness Videos For Students -GoNoodle**

<https://youtu.be/oEplqZYUUVk>

- **For the Heroes: A Pep Talk From Kid President**

<https://youtu.be/tgF1Enrgo2g>

- **Kid President + Glad to Give present How Good Spreads**

<https://youtu.be/bH5ozEo1Ao4>

- **The Power of Words - A Girl Changed a Blind's man Day**

<https://youtu.be/CNhYbJbgg-Y>

- **The Lady in the Box** by Ann McGovern

https://youtu.be/i6R8_MkY58M

Discussion Questions:

1. Have you ever seen someone sleeping outside on the street or in the park?
2. How do you feel when you see someone in need?
3. How would you help the "Lady in the Box"?

Note: This can be a sensitive topic. Be prepared for some questions that students may have around why people are homeless, why some have more than others, etc.

- **Joshua, Feeding Those in Need** -Citizen Kid by Disney

https://youtu.be/hZHtn4_Xtgc

Discussion Questions ((randomactsofkindness.org-Grade_4_Caring_Lesson_3_Dear_Me_A_Letter_on_Compassion.pdf)

1. Why do you think Joshua Williams wants to help others?
2. How do you think our families or the people we live with can help us learn how to care for others and our community? Are there things you are already doing as a family to help care for others?
3. People in the clip seem grateful for the food they received. The video says Joshua and the volunteers have given out 400,000 pounds of food, but it is now closer to a million pounds! Do you think being grateful and thankful for what others do for us is important? Why or why not?
4. Do you think it is our responsibility to care for and support others in the community? In what way?
5. Do you think what Joshua did was extraordinary?

Teacher Resources

<https://www.randomactsofkindness.org/kindergarten-grade-5-lesson-plans>

<https://www.randomactsofkindness.org/grade-6-8-lesson-plans>

Grade_K_Caring_Lesson_3_Get_Well_Soon.pdf
Grade_1_Caring_Lesson_3_A_Bowl_of_Compassion.pdf
Grade_2_Caring_Lesson_4_Compassion_Connection_The_Path_to_Compassion.pdf
Grade_3_Caring_Lesson_3_Compassion_Role_Plays.pdf
Grade_4_Caring_Lesson_3_Dear_Me_A_Letter_on_Compassion.pdf
Grade_5_Caring_Project_2_Spread_Care_Project_Plan.pdf
Grade_6_Caring_Lesson_4_Compassion_Wall.pdf
Grade_7_Caring_Project_1_Caring_for_Our_School.pdf
Grade_8_Caring_Lesson_4_Empathy_Compassion.pdf

Parent Resources

- 10 Ways to Show Compassion by Katie Krawczyk
<https://montessorirocks.org/10-ways-to-show-compassion/>
- Teaching Empathy: Evidence-based tips for fostering empathy in children by Gwen Dewar, PH.D.
<https://www.parentingscience.com/teaching-empathy-tips.html>
- 5 Ways to Help Children Care More About Others by Alison Cashin and Luba Falk Feigenberg
<https://www.randomactsofkindness.org/the-kindness-blog/2937-5-ways-to-help-children-care-more-about-others>
- How You Can Make a Difference
<https://ripplekindness.org/community-project/for-kids/how-you-can-make-a-difference/>
- Developing Empathy in Kids
<http://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/developing-empathy-in-kids-ages-5-8>



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