

Compassion in Action

A Guide to Cultivating Compassionate Students



Teaching the Importance of Compassion

Creating a classroom filled with compassionate students helps build a supportive and positive space for everyone to learn and grow.

Why?

Because when students come together with kindness and understanding, it makes working as a team so much easier.

Creating a sense of compassion in students starts at home but can be continued in the classroom!

Start by helping students understand what compassion is and what it looks like. Then, move to putting that compassion into action. This guide is here to help you nurture compassion in your students and create a more caring, connected classroom!

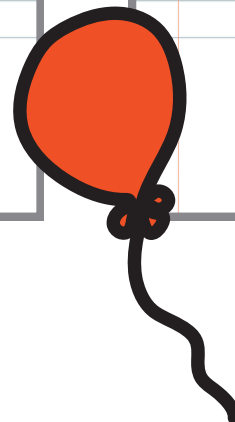
Conversation Starters for Compassion

Start the conversation about compassion with your students! Discussing what compassion looks like helps them understand how others feel and how to be considerate of those feelings. Use these conversation starters as journal prompts or to spark class discussions and create a space where students are excited to share their thoughts!

- How does giving to others make you feel?

- How does it feel when someone does a nice thing for you?

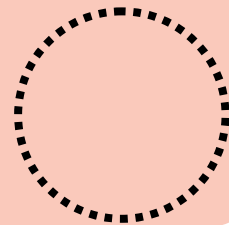
- Talk about a character from a movie or book who shows compassion.



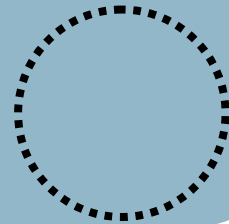
5 Day Compassion Challenge

Discuss the 5 challenges as a class and assign one challenge per day for the next 5 days. Encourage students to observe their classmates and report when they see a challenge completed. Keep track of how many times each challenge is finished throughout the week and add a sticker or check in the blank!

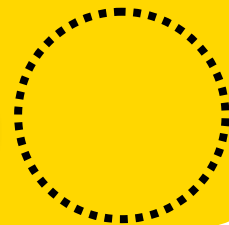
DAY 1 Say something kind.



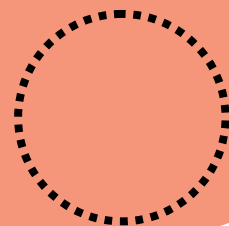
DAY 2 Write a letter of gratitude to share with someone at school.



DAY 3 Offer to help a friend or classmate with something they're working on.



DAY 4 Give a compliment and be specific!



DAY 5 Share something you have with someone you know.

