



BRINGING OUT

the best



Compassion

9th - 12th

Compassion Objective

The Learner will be able to:

- Understand the definition of Compassion
- Discuss pertinent and relevant examples that demonstrate understanding
- Increase awareness of a Compassionate mindset





Warm-Up

Discuss with the people around you whether or not the statements or actions on the next slide are compassionate.



Compassion

Your friend is crying.
You ask them what's
wrong and they say it's the
person they are dating.
You already know the
dating drama, so you leave
them to have some time to
themselves.

There is an older
lady leaving HEB
and she is struggling
with getting her
groceries in the car.
You are in a rush for
work. You don't have
time to stop.

?

Your friends want
to hangout at Towne
Lake. Your little
brother is sick and
wants to watch
movies with you. You
decided to stay
home.

Compassion



a better place.





Compassion



Definition:

*Sympathy and concern for
the misfortunes of others
with a desire to help*



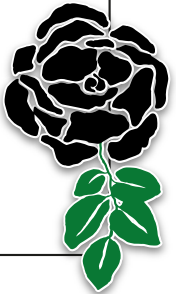
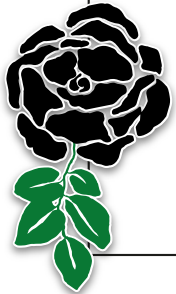
Why Compassion is Important

01 Creates
Connection
with Others

02 Helps
Mend
Relationships

03 Facilitates
Problem
Solving

04 Fosters
Emotional Well
Being



Ways to Show Compassion



Compassion

Verbal

Non-Verbal

Use a Soothing
Tone of Voice

Respond with
Understanding

Use an Appropriate
Level of Eye
Contact

Mirror Facial
Expressions to
Show Empathy

Compassion Quiz (Activity)



<https://www.mybestself101.org/compassion-questionnaire>

Scan the QR code

(Use the link for any student that doesn't have phone access)

*Answer the following questions
honestly as you can*

Review your results

Be prepared to discuss as a class





Wrapping It Up

“Compassion is a muscle that gets stronger with use.”

-Mahatma Gandhi

Based on what we discussed today, how does this quote translate to you?





Compassion To-Go Activity

Take out your phone and text a compassionate message to the first person who comes to mind.



*- Hope you're
having a
better day*

- Feel better

*- Keep your
head up!*