**LESSON: *I Can Show Compassion***

**OUTLINE**

1. Introduce the topic of **Showing Compassion**: Define **compassion** as showing care and concern for someone; wanting to help and make that person feel better
2. Talk about how people become upset for different reasons. Understanding why someone is upset helps us figure out what to do next
3. Explain how showing compassion enables us to help and support the people we care about
4. Introduce the 3 ways students can show compassion:
5. Ask what they need
6. Show sincere interest in others
7. Act with kindness
8. Asking what the person needs can help us provide the right kind of support
9. Showing interest in others involves finding out more about them (i.e. interests, feelings, opinions, ideas) which can help us to understand them more easily
10. Acting with kindness starts with putting ourselves in the other person’s place, then treating that person the way we would want to be treated in a similar situation
11. Summarize with the importance of showing compassion to help people who are upset or hurting

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Activity
* Lesson Summary Card (magnet cards)
* Homework Sheet – “This week I might try to show compassion”
* Mini schedule
1. So what do YOU think? discussion question
2. Give out the magnet cards