

COMPASSION
ACTIVITY PACK

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Let's not leave compassion to the picture books. Everyone – from toddlers to adults – needs a little compassion boost from time to time. These resources and activities will help students remember their innate kindness and how great it feels to help others.

This activity packet includes a selection of resources for educators, families, and students.

BOOKLIST: A list of books about compassion recommended by RIF

CLASSROOM ACTIVITY: An activity about compassion for the classroom

HOME ACTIVITY: An activity about compassion designed to help students continue learning at home

STUDENT ACTIVITY: An activity about compassion for students to complete independently

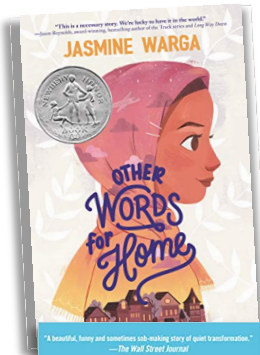
We suggest you print and copy the **Home Activity, Student Activity, and Booklist** pages and send them home to extend the learning.

For more reading resources, visit

www.RIF.org/literacy-central/collections/middle-school-family-literacy-initiative-compassion

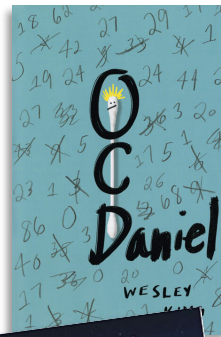
COMPASSION BOOKLIST

COMPASSION BOOKLIST



Other Words for Home

Author: Jasmine Warga,
History, Grades 3-7



OCDaniel

Author: Wesley King
Funny, Grades 4-7



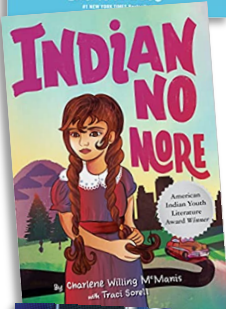
Wonder

Author: R.J. Palacio,
Problem Solving, Grades 3-7



Soul Lanterns

Author: Shaw Kuzki
The Arts, Grades 5-7



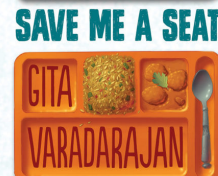
Indian No More

Author: Charlene Willing
McMannis with Traci Sorell
Relationships, Grades 4-7



Save Me a Seat

Author: Sarah Weeks
Friendship, Grades 3-7



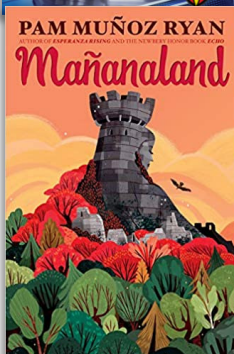
Medical Robots

Author: Elizabeth Noll,
STEM, Grades 3-8



Fuzzy Mud

Author: Louis Sachar,
Nature, Grades 5-6



Mañanaland

Author: Pam Muñoz Ryan
Adventure, Grades 3-7



Too Bright to See

Author: Kyle Lukoff
Mystery, Grades 5-7

Reading
Is Fundamental.

until every child reads

CLASSROOM ACTIVITY

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COMPASSION JAR

Beautiful acts of compassion are happening every day. This activity will give your students a chance to recognize and record those acts, from small to large – and do it anonymously, if they wish.

STEPS

1. Copy and cut our Compassion Notecards, so you have enough for a stack in your classroom.
2. Use readings in your class to highlight compassion and discuss what the word means and how it plays out between people.
3. Explain the Compassion Notecards to the students and tell them they can use them freely and drop completed cards in the jar or box you've identified. Review the cards and point out that names are optional, in case they want to keep it anonymous.
4. Go about your work in class while the cards pour in.
5. When your container is full, or at a point where you want to recognize compassion, pull some or all of the cards and read them aloud. If your time and structure permits, create awards or prizes (items or privileges) for individuals or for the whole class, depending on your style. Or, when the container is full, throw a surprise compassion party.

COMPASSION NOTECARD
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Your Name (optional):

Describe the compassionate act that you witnessed. (Names optional.)

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HOME ACTIVITY

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COMPASSIONATE CHECK-IN

Your middle schooler has been learning about compassion at school and this activity is designed to extend the learning at home.

We can show compassion to those very close and strangers across the globe, and even a simple check-in with someone in your life can be a compassionate act in our fast and complicated times. This activity calls for you and your child to check-in on someone dear to you.

STEPS

1. Identify a person in your family's life who you think would be cheered up or boosted by a caring message from you.
2. Talk with your child about the different ways they've seen compassion displayed in the books and articles they've read at school.
3. Together, choose the way you'd like to send the message of compassion: card, email, phone call, visit, surprise package, etc.
4. Compose and deliver the message.
5. After the task is done, talk with your middle schooler about how it felt:
 1. Did they enjoy the process?
 2. Would they like to do it again sometime?
 3. What did they notice about the recipient's reaction or response, if there was one?

STUDENT ACTIVITY

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SELF-COMPASSION

Did you know it's just as important to be kind to yourself as it is to be kind to others? The practice of being kind to oneself is called self-compassion. You can find a lot of information at the library or online about self-compassion – it is an entire field of study. This activity will help you recognize and practice self-compassion.

STEPS

1. Think of a time you felt down or of something you may have some regrets about – nothing major, just a little misstep. Don't move to Step 2 until you've picked something.
2. Now, think of and picture one of your very good friends – past or current, real or make believe, person or animal: who they are is not the important part, just make sure it's someone specific you can picture in your head. Got it? Proceed to Step 3.
3. Okay, flip the script and imagine this person has just come to admit to you that they're upset about the very same thing you identified in Step 1. They are really upset. Got it? Proceed to Step 4.
4. Write down 3 things you would say to your friend in this situation:
 1. _____

 2. _____

 3. _____

5. Okay, Step 5 and for the rest of time, be as nice to yourself as you would be to a friend!