

# Compassion & Empathy

## Sample Meeting Plan

*All Activities, tools, etc. shown here are suggestions. Please feel free to substitute and/or modify as needed. Visit your [Resource Library](#) for tools, videos, speaker ideas, etc.*

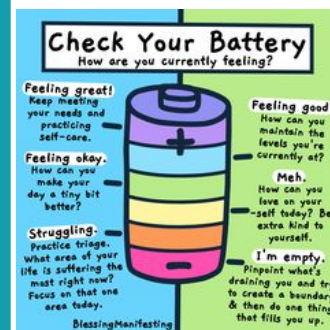
*If your meetings are online, be sure to notify parents in advance about any materials needed so club members have supplies ready.*

**COMPASSION & EMPATHY** Exploring how to understand what someone else is feeling; and wanting to alleviate their suffering.

1. **“Check in”** Connection Activity - Take a minute to get connected with the “Check Your Battery” activity. Display the visual of a battery and ask the students - how they are feeling today? Have the students describe how they are feeling. Explain that our feelings can be drained by day-to-day tasks both in and out of school. Just like a battery, our feeling great can lose power. We are learning that we must charge our “batteries” by using different self-care and self-awareness strategies. Ask students to share possible ideas they can use to recharge when they need to.
2. **KM365 Tool** Hot Cocoa Breathing - let's pretend that you are holding a cup of hot cocoa. Now, bring the cup close to your face, take a slow breath in, and imagine that you are smelling the yummy, comforting chocolate. Now, breathe out slowly as you pretend to cool the hot cocoa. Repeat.
3. **Review & Intro** Last month, we explored Understanding and Respecting Others, realizing that everyone is important and has something to contribute...we explored interacting with a sense of curiosity so we can hear, see, and learn from each other. Now we want to take that a little deeper with **COMPASSION**. **Compassion is our ability to understand and feel what someone else is feeling as well and wanting to alleviate their suffering.** *\*\*When exploring compassion, make sure to highlight that we shouldn't assume we know what others are feeling nor what they need... that true understanding comes from someone else sharing what they are feeling, and telling us what they need. Before jumping to conclusions or assuming the way WE feel is the way someone else feels, it's a good idea to ask questions and understand things from someone else's point of view.*



### Your Notes:



[https://kindnessmatters365.org/2023/02/01/check-your-battery/?tx\\_category=type-tool](https://kindnessmatters365.org/2023/02/01/check-your-battery/?tx_category=type-tool)



[https://kindnessmatters365.org/2023/02/01/hot-cocoa-breathing/?tx\\_category=type-tool](https://kindnessmatters365.org/2023/02/01/hot-cocoa-breathing/?tx_category=type-tool)

**Option 1** :Write the words **compassion for others** on the board and together, make a list of ways we have compassion and show compassion. Next, talk about how being compassionate toward ourselves is also important! Talk about the importance of understanding our own feelings and being as kind to ourselves as we would our best friends. Then, on the board next to your first list, write the words **compassion for yourself** and list ways we can show compassion towards ourselves. Also, showing compassion might mean just listening and not solving.

4. **Understanding/Personalization.** Students will work together to create a big poster of Kindness Clouds out of individual, hand cut outs. The clouds can be titled “Be a Rainbow in Someone Else’s Cloud” or “Be the Reason Someone Smiles Today”. Instruct students to trace his/her handprint onto a piece of paper and then cut it out. Students should have at least 3 handprints. On each print, students should either illustrate or write acts of kindness that include compassion.After each student has written and decorated his/her handprint, you will place them in 3-5 different arches as rainbows on top of the white clouds. Have a discussion about the responses that the students wrote/illustrated.

**Additional Activity: Wrinkled Heart- see Project Library.**  
<https://kindnessmatters365.org/2020/09/01/project-a-wrinkled-heart/>

5. **Non-Profit Speaker, Video, or Discussion** Invite a speaker from a nonprofit in to share about how they demonstrate compassion through their work. If you are not inviting a speaker or cannot find a video speaker in the Resource Library, OR here’s a suggested read aloud to reinforce the topic: “I Am Love: A Book of Compassion” by Susan Verde (Author), Peter H. Reynolds (Illustrator)

6. **“Kindness in Action” Celebrate Random Acts of Kindness.** Random Acts of Kindness Week is between Feb. 14–20 and Random Acts of Kindness Day is Feb. 17th. During this time, encourage the students to practice being compassionate by spreading random acts of kindness, both big and small.
7. **Reflection** Encourage the students to share something that inspired them and that they feel could be helpful to others.
  - What actions will they take after exploring compassion?
  - Explain the societal benefits to being compassionate.



- How might they react to someone differently now, versus how they would have reacted yesterday, now that they've explored compassion?
8. **Peace Pledge** Read Peace Pledge together (the one created by Kids for Peace on the dashboard or one your group created).
  9. **Wrap Up** Photos, certificates of appreciation, handouts. Please remember to post, and turn in your [monthly reporting!](#)

Contact Ambassador Support at [AmbassadorSupport@kindnessmatters365.org](mailto:AmbassadorSupport@kindnessmatters365.org) for questions or comments. 😊