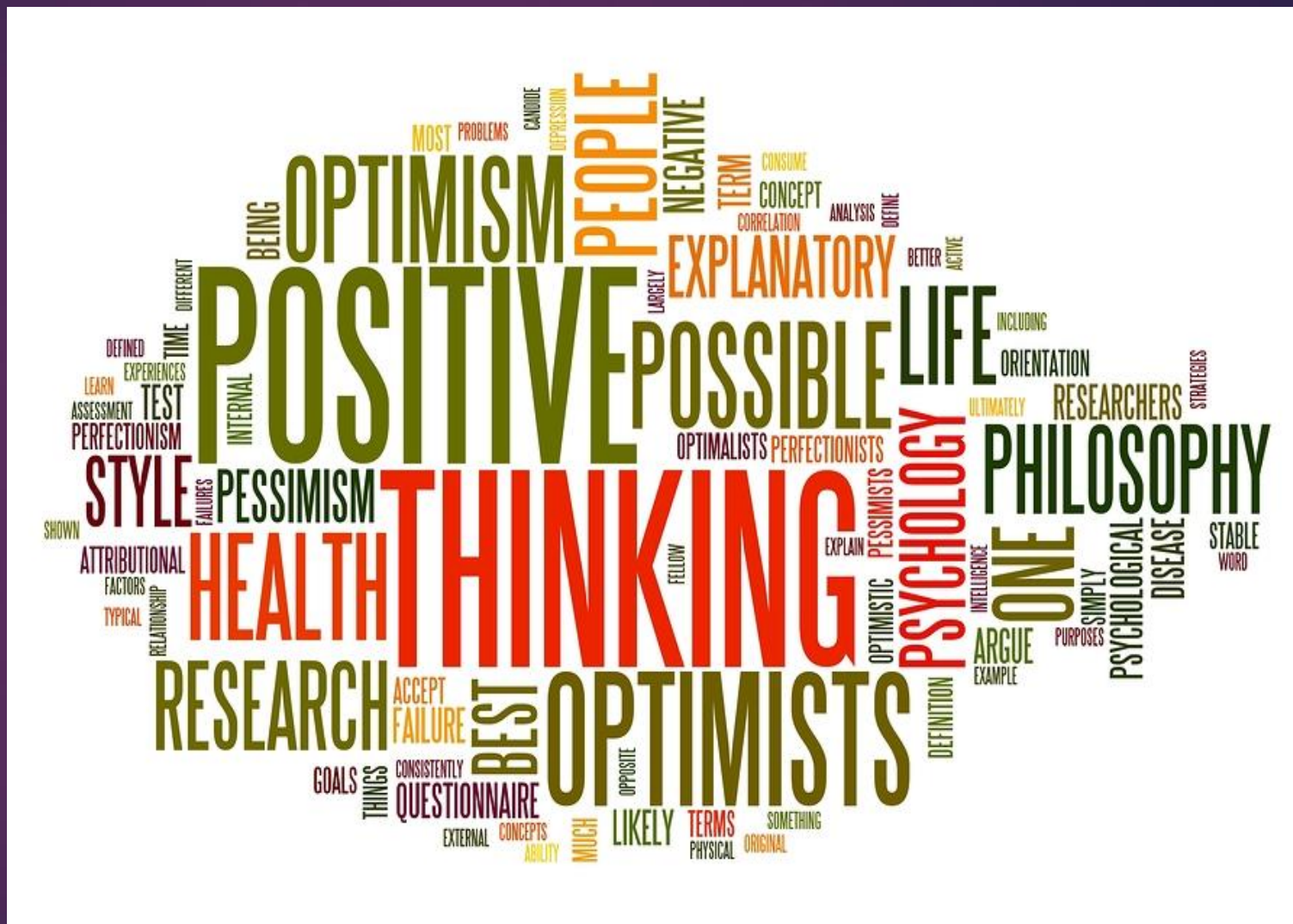


WELLBEING LESSONS
TERM 2
WEEK 3
S2 & S3



Introduction

- ▶ WALT: discuss what compassion is and what compassion isn't
- ▶ WILF: knowing how to be compassionate



Compassion involves a desire to help another person

► **What is compassion?**

Compassion is: “The feeling that arises when you are confronted with another's suffering and feel motivated to relieve that suffering.”



Why compassion 1?

- ▶ It's important to understand the distinction between "empathy" and "compassion." Empathy allows us to sense other people's emotions, like grief or joy, and imagine what someone else might be feeling. Compassion is similar but also involves a desire to help the person.



Why compassion 2?

- ▶ Going further, compassion can lead to altruism (selfless concern for the well-being of others), where people behave and act in kind and selfless ways. In a school, students felt compassion for their teacher, a survivor of cancer, and followed up with a thoughtful act. (Click the link to watch them surprise her with a song that illustrates emphatic understanding and profound care.)



Why compassion 3?



- ▶ The difference between feeling someone's pain (empathy) and having an urge to help (compassion) is transformational and is an important part of being a human being. Research suggests that children younger than 2 exhibit greater happiness when giving rather than receiving. With that foundation in place, we can incorporate compassion to create a culture of people who are one step closer to making real, positive changes in our communities.

Take action

- ▶ Pay close attention to signs that someone is struggling with a problem; let them know you're available to listen.
- ▶ Model compassion by providing thoughtful, caring feedback on work and in conversation.
- ▶ Take a stand against cyberbullying.
- ▶ Make sure the technology you use doesn't take the place of, but instead supplements, face-to-face interaction.



Compassion Around the World

- ▶ If you encountered kids from elsewhere in the world, would their compassion be different to yours?
- ▶ Are people from all around the world really that different after all?



Compassion in a nutshell

Compassion is caring about others and behaving toward them with affection, generosity, and concern. As opposed to empathy (which is putting yourself in someone else's shoes), compassion means having genuine feelings for other people's struggles.

