

COMPASSION

Compassion

Compassion supports connection. When students have an opportunity to recognize and act upon their natural feelings of compassion, they generally feel better about themselves and the world around them. Reading stories that demonstrate compassion is a great way to show children what it looks like.

This activity packet includes a selection of resources for educators, parents/caregivers, and students.

Booklist: A recommended list of books about compassion.

Puzzles and Activities for Students: Resources about compassion designed for independent student use.

Take-Home Activity: An activity about compassion designed to help students continue learning at home.

Classroom Activity: An activity about compassion designed for the classroom.

We suggest you print and copy the *Take-Home Activity* and *Puzzles and Activities for Students* pages and send them home to extend the learning.

For more reading resources, visit www.RIF.org/Literacy-Central.

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Compassion Book List

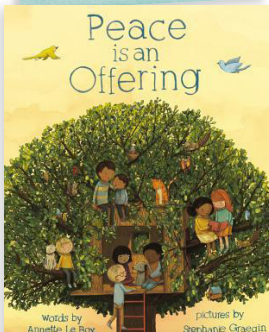
Recommended Books



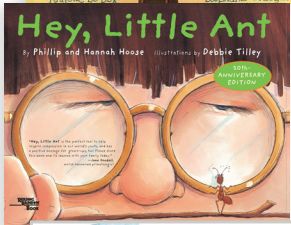
A Cat and a Dog / Un gato y un perro
Author: Claire Masurel
Illustrator: Bob Kolar
PK-1



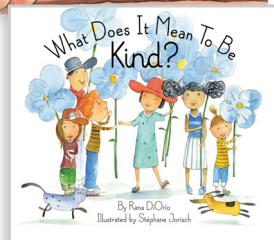
Lost and Found
Author and Illustrator:
Oliver Jeffers
PK-1



Peace Is an Offering
Author: Annette LeBox
Illustrator: Stephanie Graegin
PK-1



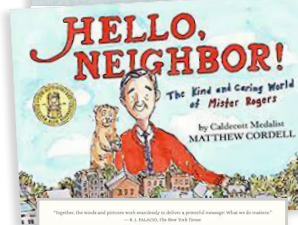
Hey, Little Ant
Author: Philip Hoose and
Hannah Hoose,
Illustrator: Debbie Tilley
PK-2



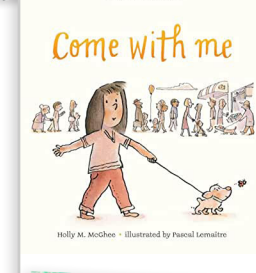
What Does It Mean To Be Kind?
Author: Rana DiOrio
Illustrator: Stéphane Jorisch
PK-2



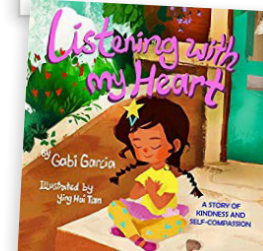
Emma and the Whale
Author: Julie Case
Illustrator: Lee White
PK-3



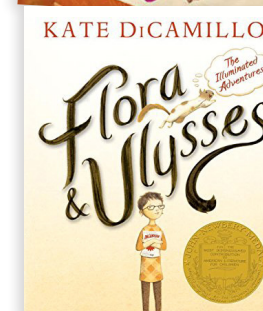
Hello, Neighbor! The Kind and Caring World of Mister Rogers
Author and Illustrator:
Matthew Cordell
PK-3



Come With Me
Author: Holly M. McGhee
Illustrator: Pascal Lemaître
K-3



Listening With My Heart: A Story of Kindness and Self-Compassion
Authors: Gabi Garcia
Illustrator: Ying Hui Tan
K-3



Flora and Ulysses
Authors: Kate DiCamillo
Illustrator: K.G. Campbell
3-6

Memory Match



Cut along the lines to create vocabulary cards. Then, mix them up and turn them over. Flip two cards at a time, using your memory to try to find word pairs. Use each page separately for an easier version, or put all the cards together for a bigger challenge.

heart

heart

feelings

feelings

help

help

grace

grace

empathy

empathy

understanding

understanding



Memory Match



Cut along the lines to create vocabulary cards. Then, mix them up and turn them over. Flip two cards at a time, using your memory to try to find word pairs. Use each page separately for an easier version, or put all the cards together for a bigger challenge.

support

support

curiosity

curiosity

kindness

kindness

friendship

friendship

caring

caring

hug

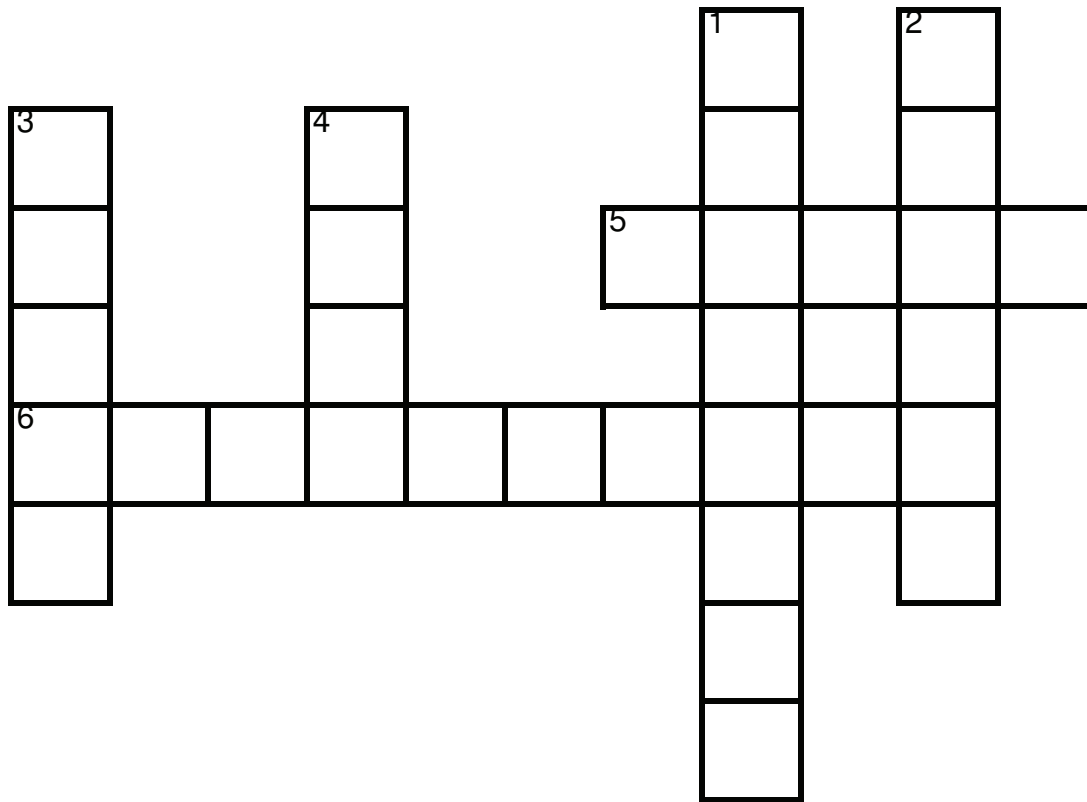
hug



Crossword Puzzle (easier)

Name: _____ Date: _____

Answer clues based on the content and vocabulary words for the topic of Compassion.
Look for hints in the Word Bank.



Across

5. Home is where the ____ is!
6. ____ is concern for others.

Down

1. We can have our ____ helped or hurt by another's words.
2. Displaying kindness & concern for others.
3. When we are compassionate, we give others ____ for living.
4. We can all offer ____ to others in need.

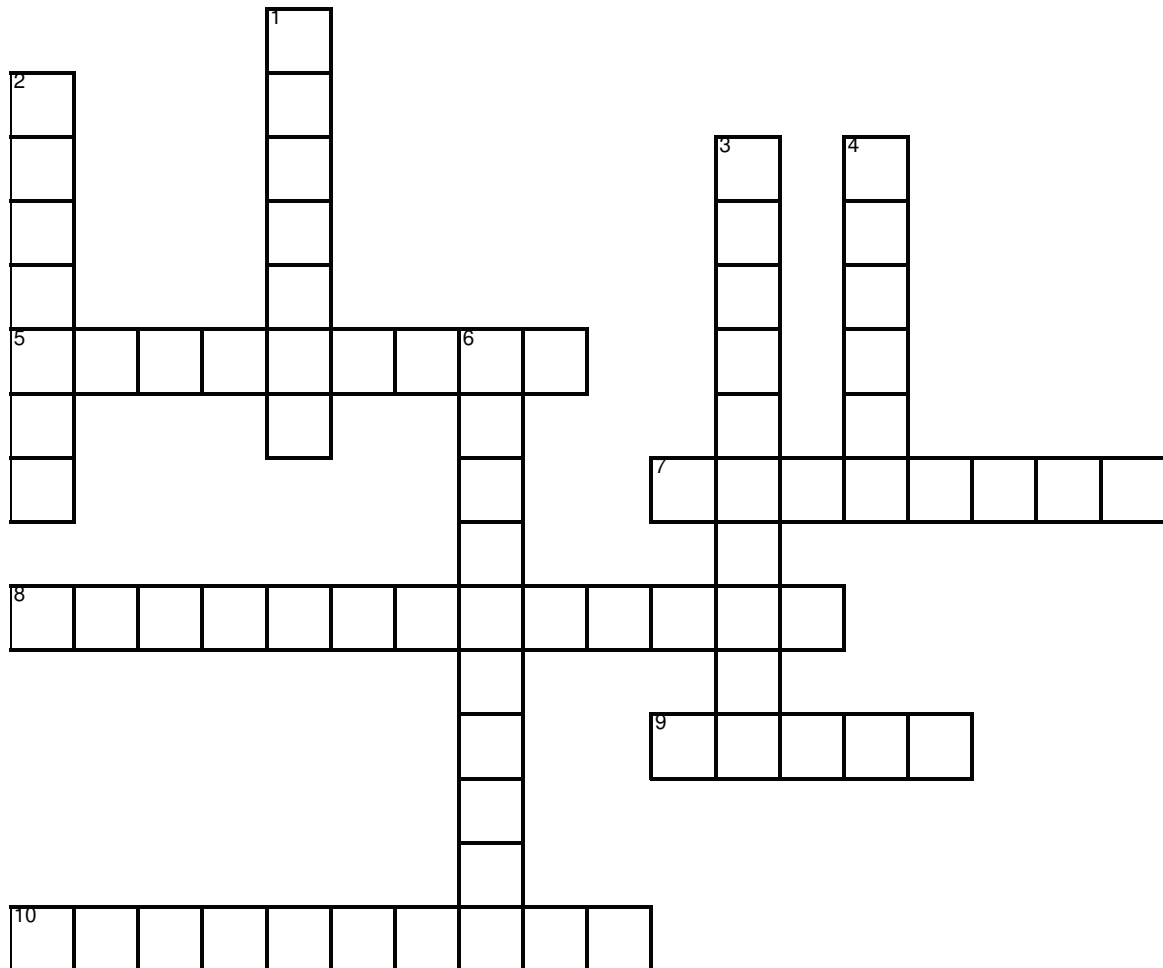
Word Bank

COMPASSION
GRACE
HEART
CARING
FEELINGS
HELP

Crossword Puzzle (harder)

Name: _____ Date: _____

Answer clues based on the content and vocabulary words for the topic of Compassion.
Look for hints in the Word Bank.



Across

5. ____ is to accept others as they are.
7. Compassion & ____ go hand in hand in helping others.
8. Insight or good judgment.
9. Compassion comes from the ____.
10. ____ is a big part of being compassionate.

Down

1. Offer ____ to others in need.
2. ____ is understanding another person's circumstance.
3. ____ is the ability of a person to recover from difficulty.
4. To have a ____, be a ____ first!
6. Concern for the suffering of others.

Word Bank

COMPASSION
SUPPORT
FRIEND
EMPATHY
ACCEPTANCE

HEART
KINDNESS
TOLERANCE
UNDERSTANDING
RESILIENCE



Mystery Word Decoder

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A =

E =

G =

H =

L =

O =

P =

R =

S =

T =

U =

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Word Search (easier)

Name: _____ Date: _____

Find the words in the list below.

C	E	C	W	M	G	B	C	O	V
V	G	P	Y	F	D	Y	O	J	F
F	R	I	E	N	D	Y	M	C	O
U	A	R	H	R	R	I	P	W	M
C	C	Y	E	T	H	E	A	R	T
F	E	E	L	I	N	G	S	T	S
Y	J	U	P	L	K	A	S	Y	N
E	P	H	A	C	A	R	I	N	G
O	M	G	S	U	P	P	O	R	T
T	A	U	S	N	R	C	N	W	M

Word Bank

COMPASSION

HEART

FEELINGS

HELP

GRACE

SUPPORT

FRIEND

CARING

Word Search (harder)

Name: _____ Date: _____

Find the words in the list below.

Y	B	N	S	T	H	G	N	V	U	M	D	T
C	A	R	E	S	I	L	I	E	N	C	E	E
M	C	E	G	U	T	L	G	D	D	N	W	F
H	C	M	T	P	M	A	R	N	E	A	Y	S
T	E	P	M	P	L	R	O	S	R	H	S	U
O	P	A	N	O	K	T	U	G	S	W	D	G
L	T	T	R	R	I	N	C	L	T	C	P	R
E	A	H	H	T	N	D	K	O	A	R	U	K
R	N	Y	D	R	D	D	K	H	N	V	O	T
A	C	T	D	D	N	B	F	E	D	M	W	O
N	E	F	R	I	E	N	D	K	I	R	P	A
C	O	M	P	A	S	S	I	O	N	L	B	Y
E	F	S	V	N	S	Y	K	F	G	T	F	E

Word Bank

COMPASSION	HEART	EMPATHY
UNDERSTANDING	SUPPORT	KINDNESS
ACCEPTANCE	RESILIENCE	FRIEND
TOLERANCE		

Take-Home Activity

By the Book

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

In this activity, your child will have a chance to try out an act of compassion that they read about in a book.

STEPS:

1. Talk with your child about books they like that feature characters being nice to each other. Tell them that “compassion” means recognizing when others are hurting or struggling and being kind and willing to help.
2. Help them identify an act of compassion from one of their favorite books. Children may know that a character is nice but may also need help identifying the actual act of compassion, such as listening to a friend, helping someone complete a task, or making sure someone is okay after they fall down.
3. Think about a way that you and your child can practice the type of compassion you identified together. It may be having a good conversation with a friend or family member, helping someone with a chore, or checking in on someone who’s been sick or sad.
4. Pick one way your child would like to show compassion and help them complete this sentence:

I will show compassion to _____ by _____ .

5. Help them carry out the act of compassion.

Classroom Activity

Compassion Card Challenge

This activity is designed to be completed individually.

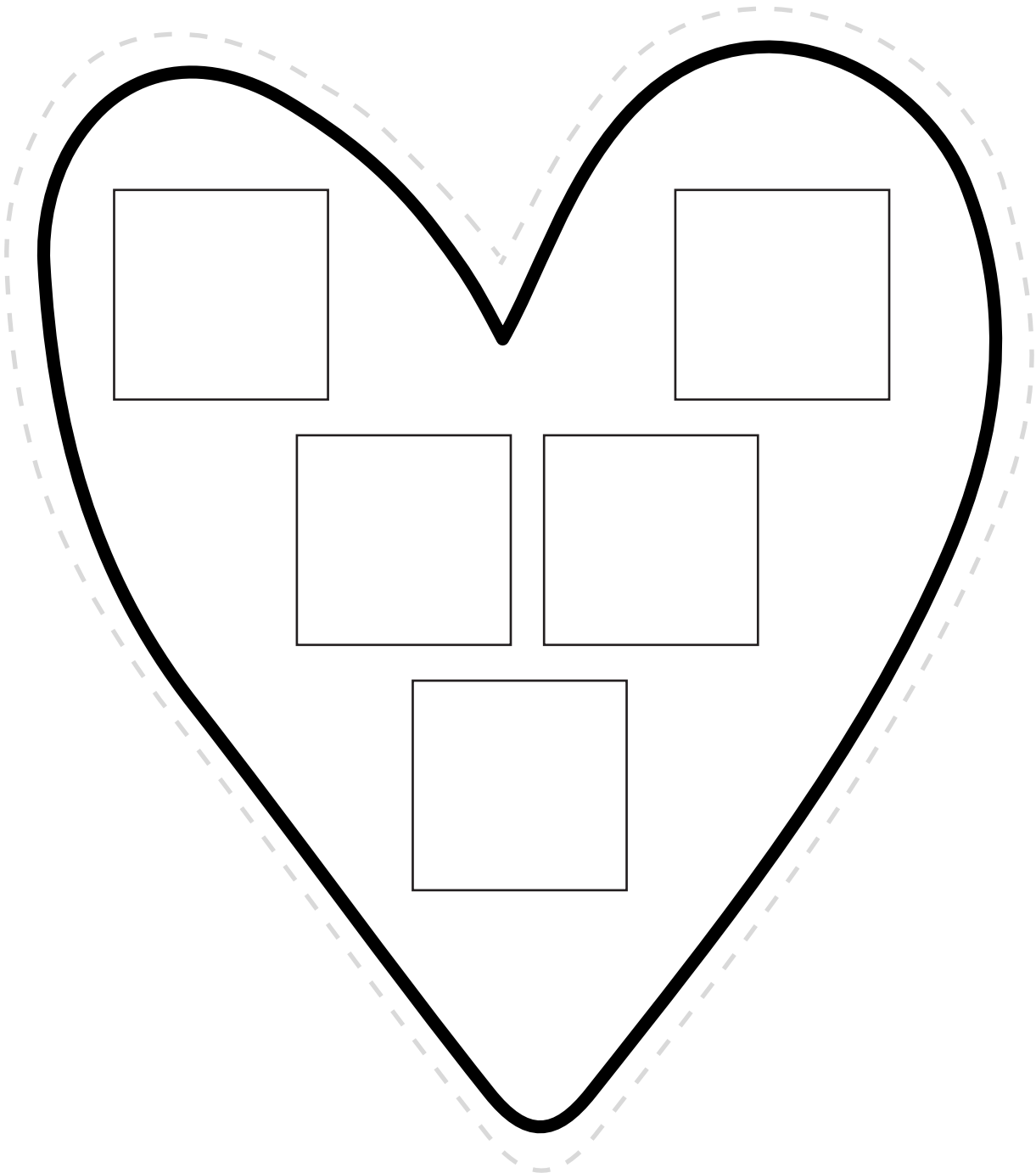
STEPS

1. Create a list of ways your students could show compassion to themselves, their classmates, the staff at school, family members, and neighbors. Write the list on the board and review it with students.
2. Have each student select 5 ideas from your list for their own compassion card (one idea for each box on the card). Support students who aren't writing yet by jotting the ideas on their cards or allowing them to draw something to represent the idea (e.g., a broom or sink for helping with housework).
3. Decide on a period of time (perhaps one week, or Fridays for one month) during which students will track their acts of compassion on their cards. Or, if you prefer, leave it up to the students and do not track the activity.
4. As appropriate, check in with students about their progress and how it feels to act with compassion.
5. Consider establishing a celebration for students when they complete their cards or have them reflect on the experience.

Classroom Activity

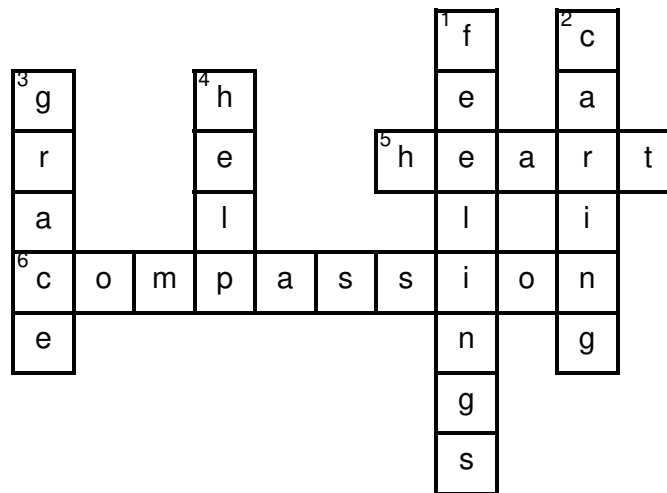
Compassion Card

Directions: Put one compassionate act from the list of ideas in each box.
Check off the box when you have completed the compassionate act.

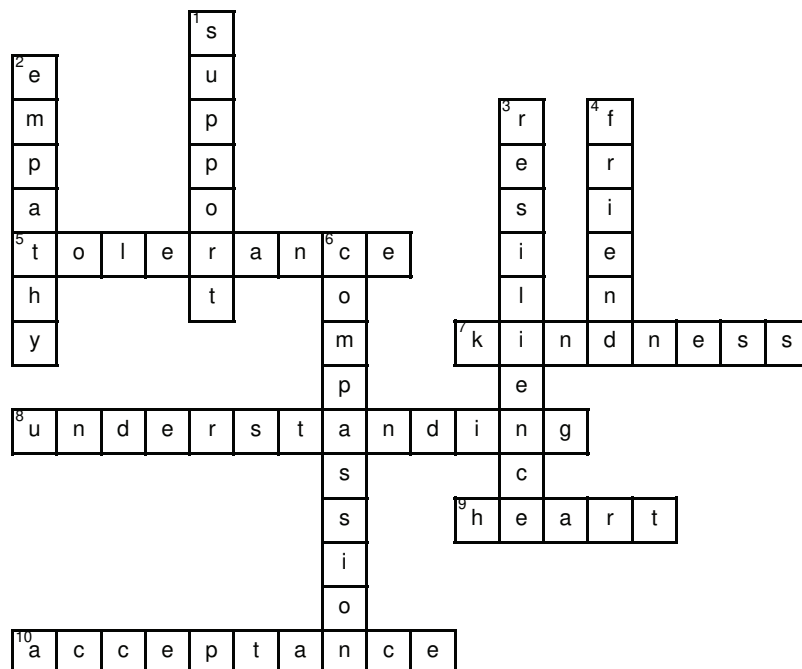


ANSWER KEYS

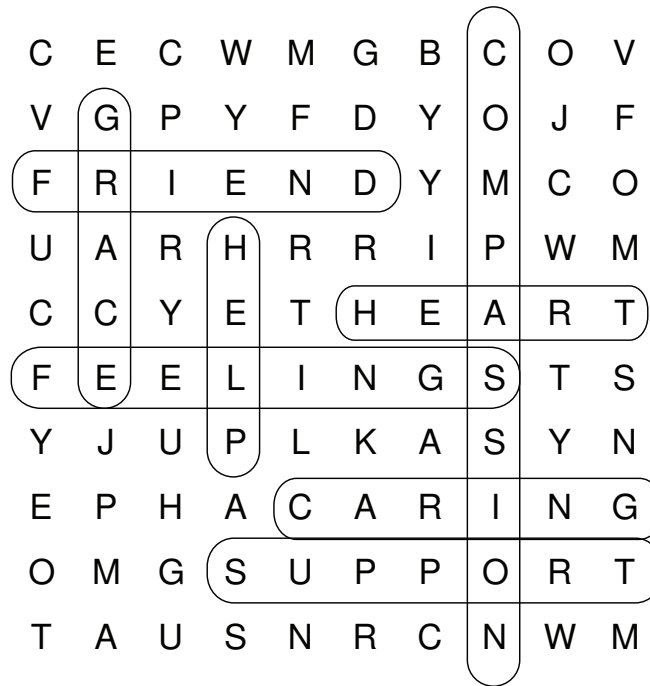
Key: Crossword Puzzle (easier)



Key: Crossword Puzzle (harder)



Key: Word Search (easier)



Key: Word Search (harder)



Mystery Word Decoder

H	U	G
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A =

E =

G =

H =

L =

O =

P =

R =

S =

T =

U =

H	E	L	P
---	---	---	---



H	E	A	R	T
---	---	---	---	---



S	U	P	P	O	R	T
---	---	---	---	---	---	---

