

Materials	Paper and markers
Learning Outcome	Describe compassion and empathy and compose a positive message to share with people in the community.

Description

Talk about what it means to have compassion and empathy for others. Why is it important? In what ways can you show it? How have others shown it to you? Ask the child to think about someone they could connect with to show compassion and empathy. Discuss how health care workers, grocery store cashiers, pharmacists, seniors, and others may be feeling. What positive words could they use to show compassion and empathy for these people?

Encourage the child to write or draw an uplifting message or image for one of these groups of people. Share the message with the group by uploading it to social media, emailing it, or hanging it in a window or in your yard. Start a compassion and empathy chain by inviting the child to phone or video call two friends and asking those two friends to create and share an uplifting message. Then those two friends invite two more friends to do the same to keep the chain going.

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *How did you feel after you shared your message?*
- *In what ways can you show compassion and empathy to people you see every day?*