

Materials	Materials or tools for chosen delivery method (letter, email, phone call, etc.)
Learning Outcome	Discuss examples of good citizenship and conduct an act of compassionate citizenship.

Description

One component of citizenship for youth is supporting and respecting people and places within the community. Ask the youth for examples of how they practice citizenship within their community. If they need support coming up with examples, ideas include respecting the environment by recycling and not littering, showing kindness to neighbours and community members, helping people in need either by performing kind acts or sharing kind words, or volunteering at a local organization.

Explain to the youth that these acts are often called compassionate citizenship and it is about supporting others around you because we are stronger together. Invite the youth to perform an act of compassionate citizenship. This could include:

- Write a letter to a local organization thanking them for all that they do for the community
- Email a healthcare organization to say thank you for going above and beyond
- Call a neighbour to check in to see how they are doing and to ask if they need anything
- Get creative and perform an act of compassionate citizenship using your own method

After the youth has completed their act of compassionate citizenship, discuss other ideas they have to support their community and continue to encourage them to perform further acts of compassionate citizenship.

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 youth the reflection questions below and discuss the answers together.

- *How did you feel after performing your act of compassionate citizenship?*
- *How could you perform acts of compassionate citizenship at your school?*