

Materials	Access to the internet, paper, markers
Learning Outcome	Recognize humans' ability to be socially aware and identify the people, places, and things of which you are socially aware.

Description

Invite the youth to watch the [Circle of Compassion](#) video. After watching the video, discuss the point in the video that states that being human is a goal, a virtue, and a responsibility.

Ask the youth what this means to them and how they live their life. Encourage the youth to create their own circle of compassion on a piece of paper. Invite the youth to draw a circle around the edge of a paper, draw themselves in the center, and draw all of the things they have compassion for in the circle – past, present, and future.

After completing their circle of compassion, ask the youth to describe it to you.

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 do you show compassion for your surroundings?*
- *How do you think your circle of compassion will grow over the next 5 years? 10 years?*