

# ‘Compassion-Act’ wrist bands — Compassion

## EXPLANATION:

Compassion involves recognising someone’s feelings, the desire to help people and show care. The key to developing compassion in your life is to make it a daily habit making care for others a natural occurrence. This activity aims to make compassion visible so that the act is recognised and celebrated!

**YEAR LEVELS:** Years 1–3

**STUDENT GROUPING:** Whole group activity and individual acts of compassion

**ACTIVITY LENGTH:** 45 mins approx.

## LINK TO CURRICULUM:

### Learning Continuum of Personal and Social Capability

#### *Social awareness*

This element involves students recognising others’ feelings and knowing how and when to assist others.

Students learn to show respect for and understand others’ perspectives, emotional states and needs. They learn to participate in positive, safe and respectful relationships, defining and accepting individual and group roles and responsibilities. Students gain an understanding of the role of advocacy in contemporary society and build their capacity to critique societal constructs and forms of discrimination, such as racism and sexism. In developing and acting with personal and social capability, students:

- appreciate diverse perspectives
- contribute to civil society
- understand relationships.

## SCOPE OF TASK:

Compassionate acts are considered those which consider the suffering of others and attempt to relieve that suffering as if it were one's own. For our young children lessening others burden might include physically assisting another and simply showing care.

The wearing of rubber wristbands has become a ubiquitous symbol of causes and concerns emblazed with positive messages, inspiring slogans and commitments. This activity uses the idea of the wristband to celebrate compassionate acts.



1. Inform the students that in this activity they are going to be talking about compassion. To prepare students to discuss what compassion is share a short video about compassion. There are many YouTube videos and some might suit individual contexts better. One useful example might be:



Discuss with students the concept of compassion. Write students ideas about compassion on the whiteboard. Questions could include:

- What is compassion?
- What acts did the character in the video do to show compassion and care?
- What do you think you can do to show compassion to others?

2. Inform students about the task for the week: This week everyone is going to engage in 'compassion-acts' to show care for their friends. So that we all start to recognise compassion in our classroom/school every time you do something compassionate a paper wrist band can be given to the recipient of the act. The aim of giving a wrist band is so that students can connect with the act with compassion. Students can use a staple or sticky tape to secure the paper band around their wrist to indicate that they have been a recipient of a kind and caring act.  
Provide an example of an action: *James can see that Jamal is struggling with tying his shoes and feeling frustrated. James gets a paper wrist band gives it to Jamal and lets him know he would like to help him.*

Throughout the week check in with students to see who had received a wrist band. Ask students questions to re-connect with the concepts of compassion and action:

- Who has got a wrist band?
- Tell us about what happened – who gave it to you, why did they give you the wrist band?
- Remind students about prioritising kindness and making compassion a part of everyday events

3. At the end of the week reflect on the task to reiterate the importance of compassion and action. Questions to support the conversation could include:

- Who received a wrist band? Why did you get it?
- How did you feel when you were given the band and something caring was done for you?
- Who gave someone a wrist band? How did you feel?
- Why is it important to show care and compassion?
- Why is it important to recognise care and compassion?
- Are there other ways to show care and compassion?

## RESOURCES:

- Paper bracelet template below or students can make their own
- Scissors
- Whiteboard
- Projector for watching YouTube video
- Example of YouTube video: <https://youtu.be/cAFq6PcFYgl>



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