

# Video analysis: Can you see the kindness? — Compassion

## EXPLANATION:

Compassion helps us connect with others, build relationships, and develop a social consciousness while nurturing emotional intelligence and well-being. Critical to compassion is the ability to recognise the suffering, distress and need in other people. In this activity students analyse a media clip to help visualise how small acts of kindness can demonstrate compassion.

**YEAR LEVELS:** Years 7–10

**STUDENT GROUPING:** Whole class discussion and small group activity

**ACTIVITY LENGTH:** 45 – 60mins

## LINK TO CURRICULUM:

### Personal and Social Capability learning continuum

#### Self-management element

- Express emotions appropriately: Forecast the consequences of expressing emotions inappropriately and devise measures to regulate behaviour

#### Social awareness element

- Contribute to civil society: Plan, implement and evaluate ways of contributing to civil society at local, national regional and global levels
- Understand relationships: Identify indicators of possible problems in relationships in a range of social and work related situations

#### Social management element

- Make decisions: develop and apply criteria to evaluate the outcomes of individual and group decisions and analyse the consequences of their decision making

## SCOPE OF TASK

Emotion researchers define compassion as the feeling that results from being confronted with another's suffering and the motivation to ease that suffering. It includes four components:

- Bringing attention or awareness to recognizing that there is suffering (cognitive)
- Feeling emotionally moved by that suffering (affective)

- Wishing there to be relief from that suffering (intentional)
- A readiness to act to relieve that suffering (motivational) (Jinpa, 2015)

For compassion to become a conscious decision or action we need to be able to recognise the impact that our actions incur.

1. Bring group together and initiate a conversation about compassion to understand students' experience of both compassion and acts of kindness. Essential to this review of compassion is the recognition of someone's circumstances and needs and then the subsequent action to alleviate another's distress or situation. Questions to guide this conversation could include:
  - What is compassion?
  - Why do we have a desire to assist or show care for someone?
  - How can acts of kindness be connected to compassion?
2. Inform the students that while there are a few factors that contribute to compassion there are two key aspects that they are going to consider in this activity:
  1. Recognising someone's need or distress
  2. Responding with kindness
3. Share the task with students:
  - Break into small groups of approx. 4 people
  - Inform the students that their job is to identify occurrences of compassion as they view the YouTube video by [TheCorpfa](#)
  - Ask students to make a list noting the aspects of the event:
    1. The need or distress of the individual
    2. The action that relieved the circumstance



- Provide small groups 10- 15mins to view video. Students may need to stop and start video to record all the compassionate acts
4. When the students have analysed the video and completed their lists bring the group back together to compare their findings. Ask the students to lead the conversation and sharing time. Conversation prompts that they might consider could be:
    - How many compassionate acts did each group record?

- What happened in the video – was there an obvious sequence of events?
- Would you say that the compassion/kindness was contagious? How? Why?
- Do you think this type of behaviours could be replicated?

5. To conclude the activity, challenge the students to consider acting compassionately and allow themselves to be caught up in the momentum of compassion!

In the coming days check in with students to hear about accounts of compassion and kindness that they witness and initiate.



### RESOURCES:

- Laptop and internet
- Paper and pens for recording

### Reference:

Jinpa, T. (2015). *A Fearless Heart: How the Courage to Be Compassionate Can Transform Our Lives*. Hudson Street Press, New York.