



The Kindness Curriculum



COMPASSION

Compassion literally means “to suffer together.” Compassion is the capacity to understand the emotional state of another and have genuine feelings for other people's circumstances and feel motivated to support and assist. Compassion requires action. It is not a skill you can learn simply by watching; a truly compassionate person becomes an active participant. It requires a certain level of awareness, concern, caregiving and empathy. The benefits of showing compassion are numerous: increased happiness and decreased depression; promotes social connection; and generates increased self-esteem, empathy, and well-being.

Self-compassion is also an essential skill that supports peoples’ mental health and emotional resilience. Self-compassion is the care and nurturing we offer ourselves when we make mistakes, come short of a goal we were hoping to achieve or are disappointed with our actions. It serves an important function for self-kindness and forgiveness, reducing feelings of anxiety and depression helping us to accept our humanness and limits. The [Kindness Curriculum](#) activities sourced and designed provide opportunities for children and students to look inside and to understand both emotions and responses to life events. The development of positive self-love will better equip individuals to have compassion for others and themselves.



Log your act of kindness at the [Kindness Factory](#).
Visit the [Kindness Curriculum](#) and make the world a kinder place.