

Grade Level	Schedule A=Academic E=Enrichment S=SPARK	Table of Contents and Suggested Schedule of Activities for the Compassion Unit	Page Number
Benefits of Practicing Compassion			
Scientific studies suggest there are physical benefits to practicing compassion. Compassionate people produce 100% more DHEA, which is a hormone that counteracts the aging process, and 23% less cortisol—the “stress hormone.” The main benefit is that it helps you and others feel happier.			

Begin with the End –Decide which of the following you will want to showcase at the end of the unit.			
Research Culminating Project			
6-8	A	<i>PowerPoint/Google Slide Presentation Template</i> -Students present research following a template.	1-1
Visual and Performing Arts Culminating Activity			
4-8	A	<i>Heroes of Compassion Comic Strip or Book</i> -Students create heroes in comic book form who perform acts of compassion.	1-3
K-8	A	<i>Performance</i> -Students create skits showing compassion. K-2 act out a story or perform a Reader’s Theater.	1-7
Service Learning Project			
K-8	E	<i>Service Learning Primer</i> —This is a guide that shows how to put together a service learning project with students.	1-8

Week 1 & 2			
K-8	A	Begin with the <i>KWL Chart</i> —What does it mean to be compassionate? Begin the unit with this activity.	2-1
K-8	A	<i>Letters to the Troops</i> -Students will write letters to soldiers who are hospitalized or stationed far away from home.	2-2
3-4	E	<i>What is Compassion?</i> —This lesson teaches students how compassionate people behave.	2-5
3-4	E	<i>Compassion/Caring Lesson</i> —This activity teaches students to look beyond their own needs and care for others. Students perform skits showing compassion in action.	2-7
2-8		<i>Is A Bully Really A Bully?</i> -Students will learn about why bullies are bullies, and why they need compassion too.	2-11
K-8	E	<i>Puzzle Flips</i> -Students create a puzzle and play a game with it.	2-17
K-8	E	<i>Puzzle-Piece Pictures</i> -Students create a puzzle and play a game with it.	2-17
5-8		<i>After-School Bully: Keeping Cool in a Hot Situation</i> -Students act out a skit.	2-18
5-8		<i>"Gimme Your Lunch Money": Standing Up to Bullying</i> -Students act out a skit in a fishbowl arrangement with observers.	2-19
K-8	E	<i>Thumbkins for Appreciation</i> -Students create thank you cards.	2-20
6-8	E	<i>Helping Hands</i> - Students trace their hands on paper, cut them out and list people they have helped on one hand, and people who have helped them on the other.	2-21

6-8		<i>Caring for Others</i> - Students identify and prepare to do a caring project.	2-21
6-8		<i>Make a Difference</i> –Students discuss and role-play situations to develop strategies to intervene when people are hurting others.	2-22
Weeks 3-8			
2-6		<i>How can you show that you care?</i> -This lesson is full of activities students can do to show they care.	2-25
2-6		<i>Fairness---What does it mean?</i> -This lesson provides activities to teach students how to show fairness.	2-29
6-8		<i>What do You Stand For? Justice</i> -This lesson has multiple activities and questions regarding fairness, equality and tolerance.	2-33
6-8		<i>What do You Stand For? Caring</i> -This lesson has activities dealing with giving, service, sharing, love, helpfulness, kindness, generosity, unselfishness, and sacrifice.	2-38
6-8		<i>What do You Stand For? Empathy</i> -This lesson teaches understanding, compassion, charity, sensitivity, and concern.	2-43
6-8		<i>What do You Stand For? Forgiveness</i> -This lesson teaches to pardon, absolve, show leniency, mercy and grace.	2-48
English Language Arts			
KidzLit			
K-3	A	<i>Hey Little Ant</i> —Students will learn that compassion helps us appreciate the value of the living things and to honor all living creatures.	3-1
K-3	A	<i>Ira Sleeps Over</i> —Students will learn the importance of having self-confidence and to not allow others to discourage them.	3-3
K-3	A	<i>Amos & Boris</i> —Students will learn that helping others shows you care and repaying with kind acts feels good.	3-5
K-3	A	<i>Swimmy</i> —Students will learn that working with a group of others and cooperating with others can help solve problems.	3-7
3-5	A	<i>The Hundred Dresses</i> —Students will learn to be kind to others who may seem different.	3-9
3-5	A	<i>J.T.</i> —Students will learn that caring for others including animals is a form of giving.	3-13
6-8	A	<i>Kids with Courage</i> —Youth will learn that acts of kindness through deeds and words can make a difference in others and our world.	3-19
Compassion Reading Lessons			
K-3	A	Lesson 1: <i>What Does Compassion Look Like?</i> —Students will demonstrate an understanding of compassion and will develop vocabulary words related to compassion	3-21
K-3	A	Lesson 2: <i>Why is Compassion Important?</i> —Students will understand that compassion is being able to recognize when someone is suffering, and to respond to suffering in sensitive ways.	3-26
K-3	A	Lesson 3: <i>Who are the Heroes of Compassion?</i> —Students will understand what being a hero of compassion means.	3-28
K-3	A	Lesson 4: <i>When is it a Challenge to be Compassionate?</i> —Students will recognize situations where it is difficult to be compassionate and understand that forgiveness is an important part of compassion.	3-33
K-3	A	Lesson 5: <i>How can you be a Hero of Compassion?</i> —Students will	3-35

		identify ways that they can become heroes of compassion in their day to day actions.	
3-5	A	Lesson 1: <i>What Does Compassion Look Like?</i> (KidzLit) <i>The Hundred Dresses and Chicken Sunday</i> —Students will demonstrate an understanding of compassion and will develop vocabulary words related to compassion.	3-43
3-5	A	Lesson 2: <i>Why is Compassion Important?</i> (KidzLit) <i>The Hundred Dresses</i> --Students will understand that compassion begins with feeling empathy.	3-47
3-5	A	Lesson 3: <i>Who are the Heroes of Compassion?</i> (KidzLit) <i>The Hundred Dresses</i> —Students will describe characteristics of one who is a hero of compassion, and how compassion is shown to people, animals and the environment.	3-49
3-5	A	Lesson 4: <i>When is it a Challenge to be Compassionate?</i> (KidzLit) <i>The Hundred Dresses</i> —Students will understand that showing compassion sometimes takes courage or understand forgiveness can help us act with compassion when we have been wronged.	3-54
3-5	A	Lesson 5: <i>How can you be a Hero of Compassion?</i> (KidzLit) <i>The Hundred Dresses</i> —Students will develop plans for compassionate actions as part of a class project.	3-57
6-8	A	Lesson 1: <i>What Does Compassion Look Like?</i> —Students will create their own definitions of compassion and reflect on its meaning, and share their new understanding of compassion with their peers.	3-65
6-8	A	Lesson 2: <i>Why is Compassion Important?</i> (KidzLit) <i>Kids with Courage</i> —Students will understand the characteristics of a just society and the role of compassion in defending human rights.	3-71
6-8	A	Lesson 3: <i>Who are the Heroes of Compassion?</i> —Students will think critically about society’s heroes, and examine who demonstrates compassion.	3-74
6-8	A	Lesson 4: <i>When is it a Challenge to be Compassionate?</i> —Students will demonstrate and show awareness that scientific research has ethical implications.	3-86
6-8	A	Lesson 5: <i>How can you be a Hero of Compassion?</i> (KidzLit) <i>The Book of Three</i> —Students will demonstrate an awareness of how one’s choices have local or global consequences.	3-88
		Reader’s Theater	
1-2	A	<i>Poetry Yuck</i> —Through writing and reading poetry, students will learn how to help others not feel afraid and realize that poetry can be both fun to read and write.	3-100
1-2	A	<i>Lucky the Firehouse Dog</i> —Students learn about firefighters (heroes), and how they prepare for an emergency.	3-112
1-2	A	<i>Many Helping Hands</i> —This is a story about true friendship and helping others.	3-125
		Social Studies	
4-8	A/E	<i>Water Challenge</i> —Students learn about the global water crisis. Students simulate a “water walk” to experience for themselves some of the difficulties their peers face on a daily basis when collecting clean	4-1

		water.	
2-8	A/E	<i>Becoming Aware of the Japanese American Internment Camp Experience</i> —Students will develop a sense of empathy by simulating the situations which Japanese American children faced.	4-14
K-8	E	<i>Character Lesson: Teaching Positive Traits</i> — Students learn about positive character traits through discussion, reading, writing and performing skits. In addition, students earn dog tags after practicing and demonstrating positive traits.	4-19
		Art	
		National Gallery of Art: Heroes & Heroines	5-1
5-8	E	<i>Danger! Shark!</i> --Students will learn the story of Brook Watson who lost his leg in a shark attack. They will create a list of adjectives to create a class definition of hero/heroine. Then, they will create their own crest with personal symbols using Watson's coat of arms as their inspiration.	5-2
5-8	E	<i>In Memoriam: Honoring Heroes & Heroines Through Sculpture</i> -- Students will learn about the first African-American Regiment and the memorial dedicated to them. They will research local monuments and draft designs for one in Stockton.	5-8
5-8	A/E	<i>White Cloud: A Hero to His People</i> -- Students will learn about White Cloud who tried to raise money for his tribe after losing their land. Students will write a journal entry from the stand point of a hero/heroine in their lives and present it.	5-12
5-8	A/E	<i>Quiet Heroes & Heroines</i> --Students will learn about the biblical story of Daniel in the lion's den as an example of bravery and conviction. Students will research a similar hero in the 20 th century and write an essay along with an illustration regarding their actions.	5-18
5-8	E	<i>Heroines & Social Media</i> --Students will learn about Queen Zenobia who led her soldiers to challenge the Roman Empire. Students will create a fictional Facebook profile for another heroine from history. Then, they will compose tweets that she would have posted.	5-22
K-8	E	<i>Beyond A Magic Dragon</i> --Students create mobiles, puppets or murals that illustrate strategies to reverse the negative behaviors or bullying.	5-32
K-8	E	<i>Compassion as Your Co-Pilot</i> --Students write compassionate messages to be delivered to individuals who need encouragement. Students deliver their messages on the wings of paper airplanes that they construct and decorate.	5-36
K-8	E	<i>Honest to Goodness Fortunes</i> --Students write encouraging messages to promote honest, trustworthy, and truthful behaviors in others. Students apply patterns and color to pretend fortune cookie sculptures to contain their thought provoking messages.	5-40
K-8	E	<i>Kudos to Heroes and Heroines!</i> —Students sculpt medallions and write detailed certificates to award to a heroic individual they identified.	5-44
		Science	
6-8	A/E	<i>Compassion Science Experiment</i> -- Students create surveys and collect data using the scientific method approach.	6-1
6-8	A	<i>Does Science Improve the Quality of Life or Not?</i> —Students research	6-11

		different topics and determine if the positives of the research outweigh the negatives.	
		Mathematics	
K-8	E	<i>Kindness Campaign</i> -(Multiple Days) Students perform acts of kindness and record their successes.	7-1
		KidzMath	
K-6	A	<i>Sweet Clara and the Freedom Quilt</i> -- Clara escapes slavery with help of the Underground Railroad. She quilts a map for other slaves to show the path to freedom.	7-7
K-2	A	<i>Under the Lemon Moon</i> --Rosalinda shows compassion for a man who stole lemons from her tree.	7-25
K-2	A	<i>My Rows and Piles of Coins</i> -Surani works hard helping his mother at the market and saves his money to buy a bike. He doesn't have enough money and his parents reward by buying the bike to reward his hard work.	7-27
K-2	A	<i>Grandfather's Tang's Story</i> -Grandfather Tang tells his granddaughter a story. He uses tangram pieces to illustrate the story.	7-30
3-6	A	<i>The Warlord's Puzzle</i> -An artist accidentally breaks a tile he made for a fierce warlord. The artist seems doomed to suffer the Warlord's worst punishment until a poor peasant boy enters the palace.	7-40
		SPARK-10 different daily SPARK activities (These activities do not have to be done in order)	
		Activity #1	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-5	S	<i>Hawaiian Hand Clap (Multiple days)</i> -Participants learn a medium intensity, fun partner dance. Great for a Family Night performance.	8-1
6-8	S	<i>SPARKY'S Shuffle (Multiple days)</i> --Learn dance, practice, perfect. Students learn a popular dance using the jigsaw method. Great for a Family Night performance.	8-2
		Activity #2	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-8	S	<i>Meet Me In The Middle</i> - Pairs on opposite sidelines meet in the middle and do partner tasks, each time adding new tasks to old ones.	8-3
K-8	S	<i>Hog Call</i> -Pairs with eyes closed try to meet each other using a special hog call.	8-4
		Activity #3	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-5	S	<i>Popcorn (parachute play)</i> -Players move the chute vigorously to "pop" the "popcorn" on the parachute.	8-5
K-5	S	<i>Chute Shapes (parachute play)</i> -Players work together to create various shapes with the parachute including the Dome, Mushroom, Clubhouse, and Group Portrait.	8-6
3-8	S	<i>African Jigsaw (multiple days)</i> -Learn dance, practice, perfect. Students learn an African folk dance using the jigsaw method. Great for a Family	8-7

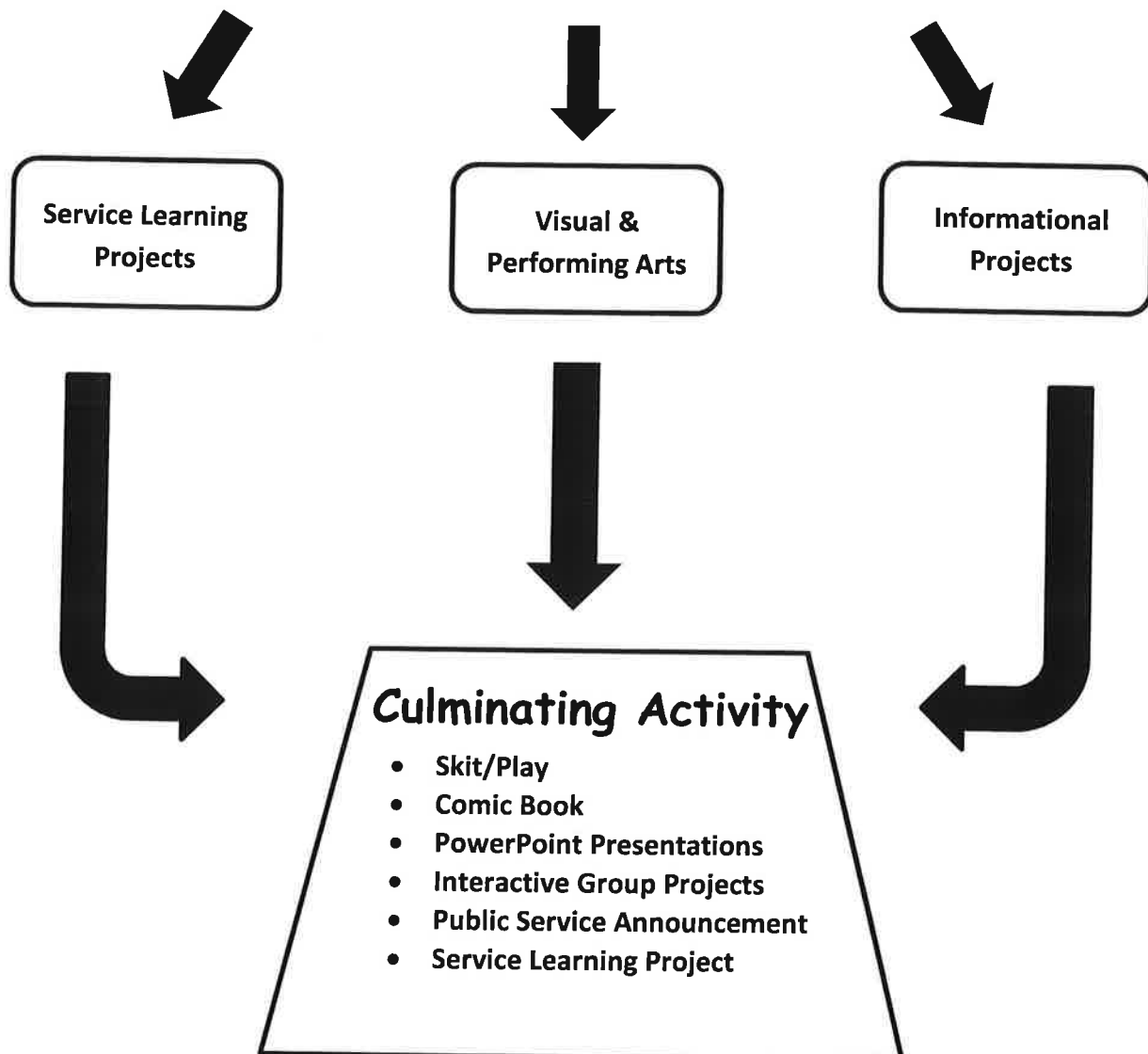
		Night performance.	
		Activity #4	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-2	S	<i>Trains At The Station</i> – Groups (trains) will hold onto their ropes and move safely to the other side.	8-8
K-8	S	Quick Draw – Pairs on opposite sidelines meet in the middle and flash either 1 or 2 fingers to each other. If fingers match, they do 1 task, if not, they do another.	8-10
3-8	S	<i>Partner Ball Exchange</i> -Pairs work together to complete a variety of challenges with a ball.	8-11
		Activity #5	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-2	S	<i>Find a Home</i> – Players leave home base to explore general space and return to a new spot marker each round.	8-12
K- 5	S	Frogs Across the Pond – Groups of 3 try to move 1 “frog” across the “pond” by placing spot markers along the route.	8-13
3-8	S	<i>California Strut</i> (Multiple days)-Learn dance, practice, perfect. Students learn a medium intensity, fun partner dance. Great for a Family Night performance.	8-14
		Activity #6	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-8	S	<i>Workout Buddies</i> -Players find different buddies to do specific activities with.	8-15
		Activity #7	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-8	S	<i>Have You Ever?</i> -Players in a circle and one in the center. Students move across the circle if an activity they have experienced is named.	8-16
K-8	S	<i>Moon Ball</i> -Groups of 5 try to keep a beach ball up in the air without letting it touch the ground.	8-17
		Activity #8	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-2	S	Freaky Freeze – Participants move to music and stop on freeze cue.	8-18
K-2	S	Marching Band – Participants practice loco motor skills corresponding to words of the song.	8-19
3-8	S	<i>Partner Ball Challenges</i> -Partners work together to complete various challenges with a ball.	8-20
3-8	S	<i>Stick with Me</i> -Pairs, then groups, work to move across the area while their feet are joined.	8-21
		Activity #9	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-5	S	Sombrero Dance (Multiple Days) – Learn dance, practice, perfect.	8-22

		Participants do a dace combining slow and fast tempos. Great for a Family Night performance.	
3-8	S	<i>Beat the Clock</i> -Players join hands in a circle and work to move one complete rotation around the circle as quickly as possible.	8-23
3-8	S	<i>Pass it Around</i> -Participants sit in a circle with their elbows hooked to their neighbors' and work to pass objects around the circle using their legs.	8-24
		Activity #10	
K-8	S	<i>Stretch Your Body</i> -Students perform warm-up stretches for muscle groups from head to toe.	
K-8	S	<i>Houdini Hoops</i> -Groups of 5-7 pass around their circle without letting go of joined hands.	8-25
K-8	S	<i>Radio Control</i> -Pairs work cooperatively with the "Radio Controller" driving their car (partner with eyes closed) through a course of "road hazards."	8-26
		Week 7	
		Invite school faculty, parents, community members to Family Night Post signs/pass out flyers	
		Week 8	
		Walk through the program--Practice presentations—Make final preparations--Culminating Event/Family Night	

Compassion

What does it mean to be compassionate?

- To self
- Family
- School & Local Community
- World



STEPS To Follow for Planning and Scheduling a Unit

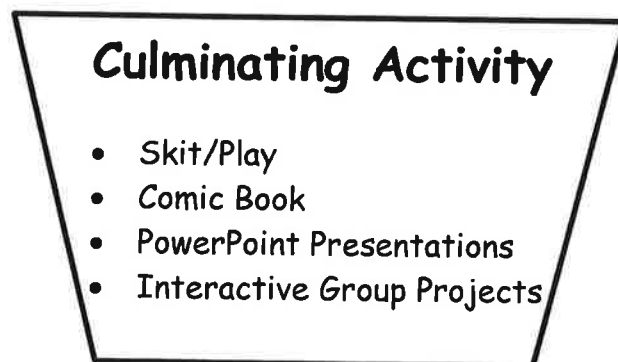
STEP 1: Begin with the End in Mind-- What do you want students to be able to do after learning about *COMPASSION*? How will they show others what they learned?

STEP 2: Teach to Topic—What does it mean to be compassionate?

STEP 3: Assist students in learning what they need to show. What activities will you use to teach them?

STEP 4: Prepare/practice/present what students learned

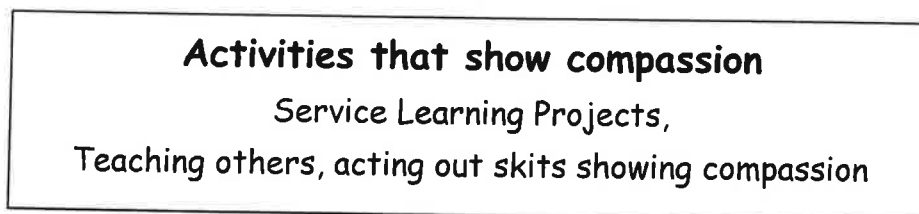
STEP 1:



STEP 2:



STEP 3:



STEP 4:



STEP 5: Plan & Schedule Activities

Week 1: Teach what it means to be compassionate (EXAMPLE)

	Monday	Tuesday	Wednesday	Thursday	Friday
Academic Hour	Review expectations/practice routines all week Connect to the School Day ELA/Math	Letters to the Troops	Connect to the school day ELA/Math	Letters to the Troops	Connect to the school day ELA/Math
Enrichment	KWL Chart (15 min.)	"Gimme Your Lunch Money" & "After School Bully"	Is a Bully Really a Bully?	Is a Bully Really a Bully?	Is a Bully Really a Bully?
SPARK	Stretch Your Body Houdini Hoops Moon Ball	Stretch Your Body Workout Buddies	Stretch Your Body Hog Call Radio Control	Stretch Your Body Stick with Me Pairs	Stretch Your Body Beat the Clock

Week 2: Activities that teach students to be compassionate (EXAMPLE)

	Monday	Tuesday	Wednesday	Thursday	Friday
Academic Hour	Connection to the school day ELA/ Math	Letters to the Troops	Connection to the school day ELA/ Math	Letters to the Troops	Connection to the school day ELA/ Math
Enrichment	What is Compassion?	Fairness-What does it mean?	Fairness-What does it mean?	Kindness Campaign	Kindness Campaign
SPARK	Stretch Your Body SPARKY's Shuffle	Stretch Your Body SPARKY's Shuffle	Stretch Your Body SPARKY's Shuffle	Stretch Your Body Partner Ball Exchange	Stretch Your Body Group Juggling

Week 3: Activities that teach students to be compassionate

	Monday	Tuesday	Wednesday	Thursday	Friday
Academic Hour	Connection to the school day ELA/ Math	KidzLit/KidzMath	Connection to the school day ELA/ Math	KidLit/KidzMath	Connection to the school day ELA/ Math
Enrichment	Science Experiment	What do you Stand for? Empathy	Science Experiment	What do you Stand for? Empathy	Science Experiment
SPARK	Stretch Your Body California Strut	Stretch Your Body California Strut	Stretch Your Body California Strut	Stretch Your Body California Strut	Stretch Your Body California Strut

Week 4: Activities that teach students to be compassionate

	Monday	Tuesday	Wednesday	Thursday	Friday
Academic Hour					
Enrichment					
SPARK					

Week 5: Activities that teach students to be compassionate

Monday	Tuesday	Wednesday	Thursday	Friday
Academic Hour				
Enrichment				
SPARK				

Week 6: Activities that teach students to be compassionate

Monday	Tuesday	Wednesday	Thursday	Friday
Academic Hour				
Enrichment				
SPARK				

Week 7: Practice/Prepare to present --Advertise Event/invite school and families

Monday	Tuesday	Wednesday	Thursday	Friday
Academic Hour				
Enrichment				
SPARK				

Week 8: Show what you know—Remind all to attend

Monday	Tuesday	Wednesday	Thursday	Friday
Academic Hour				
Enrichment				
SPARK				