



Kindness that responds

The skill of compassion · name: _____ · date: _____



People often carry difficulties that are not visible. Compassion means noticing suffering, including our own, and asking what care or support might bring some relief. We do not have to fix another person's life or carry more than is safe for us.

What we are practising

By the end of this lesson, you can describe compassion as noticing difficulty and responding with care, and suggest a small response that respects what a person may need.

During the activity

A response that helps: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

When someone is having a hard time, what is one small, real thing a person could offer instead of jumping straight to advice, and why does it fit what compassion means?

Exit ticket · Kindness that responds

How does the lesson describe the difference between empathy and compassion?

- a) They mean exactly the same thing
- b) Empathy is only for strangers, and compassion is only for friends
- c) Empathy helps us sense another person's experience, and compassion includes the wish or action to bring relief
- d) Compassion means feeling sorry for someone, and empathy means fixing their problem

I can explain the difference between feeling for someone and doing something that helps, and name one small, realistic way to bring some relief.

☐ more than before ☐ about the same

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