



A small thing that helps

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



We rarely know everything another person is carrying. Kindness is an ordinary response that says their experience matters, whether through attention, practical help or a respectful gesture. It can be offered to ourselves too, especially when the usual inner response is harsh.

What we are practising

By the end of this lesson, you can describe everyday kindness and suggest a response that may bring some relief without trying to fix everything.

During the activity

What might help?: notes, noticings, or nothing at all. This sheet is yours.

Take it with you

Name one small, realistic thing a person could do to bring a little relief to someone having a rough moment, and explain why that can help more than rushing to fix the whole problem.

Exit ticket · A small thing that helps

According to the lesson, what does a kind intention still need?

- a) A big gesture to show it is sincere
- b) Consent and judgement
- c) A promise to fix the whole problem
- d) Someone else's approval first

I can describe what genuine kindness looks like in small everyday moments and explain how it can bring a little relief to someone who is struggling, including when it is directed towards oneself.

☐ more than before ☐ about the same

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