



The Can-Do Crew



THE ROAD OF RESPECT
Respect



ALTRUISTIC ALL-STARs
Altruism



HANDFUL OF COMPASSION
Compassion



BE A PHILANTHROPIST
Philanthropy
Fundraising
Caring & Commitment



COOPERATION CREW
Cooperation



HEALTHY HERO
Nutrition



BE A LEADER!
Empathy
Empowerment
Inclusion



SPOTLIGHT ON INTEGRITY
Integrity



KINDNESS KID
Consideration
Kindness
Multigenerational
Relationships



GENEROUS GARDNER
Generosity



A TRUE FRIEND
Friendship



HANDFUL OF COMPASSION
Compassion

The Can-Do Crew

**Super Crew
World Changers**

Grade levels: 2,3,4
Subject: Compassion
Time Frame: 40-50 mins

HANDFUL OF COMPASSION

Teaching and reinforcing healthy interpersonal skills of being considerate, caring, courteous, concerned and charitable lead the way to a world with more **Compassion**. Using examples from everyday life, students develop self awareness of feeling sorry for someone who is suffering and social awareness that their efforts help others through engaging eye-opening experiential learning.

Experience **Compassion** in short, fun and easy to follow lesson plans for grades 2, 3 and 4.

Included in the Unit:

Time Frame:

- The Can-Do Crew and You
Our Can-Do Code Path
The Can-Do Code
Project on screen, read aloud and follow directions (3-4 minutes)
- I have Compassion! Definition, Gesture and Example
Let's be Compassionate Super Crew World Changers
Project on screen, read aloud and follow directions (4-5 minutes)
- Our 5-Point Plan for our Classroom
Project on screen, read aloud and follow directions (4-5 minutes)
- The Can-Do Compassion Crew - A Handful of Compassion
Project on screen, read aloud and follow directions (5-10 minutes)
My Handful of Compassion
Print page, follow directions (5-10 minutes)
- "What do YOU do?" Compassion Challenges
Print page, follow directions and discuss (10-15 minutes)
- My Compassion Commitment
Print page and follow directions (5-10 minutes)

What you will need:

1. Capability to display on screen or print copies
2. Pencils, crayons and/or markers

Bonus Activities:

"Give-Me-Five Fridays" Story and discussion questions
Readers' Theatre: "Give-Me-Five Fridays"

The Can-Do Crew and You

We know that even **ONE** person
can make a big difference in the world...
by caring,
by finding ways to help,
and by doing good deeds.



It is **FUN, EASY** and **EVERYBODY** can do it!
Let's see if **YOU** can, too!

Do **YOU** care about other people?

If you do, Stand up

Do **YOU** help those in need?

If you do, Stand up and clap your hands

Do **YOU** do acts of kindness for others?

If you do, Stand up, clap your hands and stand on one foot.

Do **YOU** think you can Make a Difference in the world?

If you do, Stand up, clap your hands, stand on one foot and hop
all at the same time

Let's Shout out our Motto:



We can
make the
world better!



Now let's follow

Our **Can-Do Code** Path

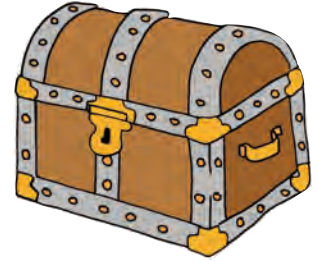
Our **Can-Do Code** Path

leads us to a

Treasure Trunk

where we will uncover

Powerful, Mighty and Amazing
World Changing Words



We call them **WCW** and
they will guide us to being



Super Crew
World Changers



Now stand up strong and tall.
Put your fists on your hips and shout:

We will:

Learn these words!

Understand their meanings!

Use them everyday!

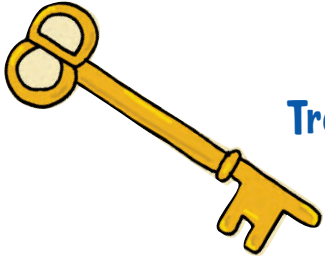
How do we get started?

We need a **KEY**



to open the **WCW** Treasure Trunk!

The Can-Do Code



is the **KEY** to opening the
Treasure Trunk of World Changing Words
We live by the Can-Do Code.
It helps us Make the World Better!



Let's say it together:

When we are saying things
We are Mindful and Kind
Let's stand up, tap our heads and smile

When we are doing things
We Show Respect and Compassion
Let's stand up, salute then touch our hearts

Because our actions affect others
We are Considerate and Purposeful
Let's stand up, open our arms wide and march in place

Now that we have
the **KEY**,
let's open the
Treasure Trunk
on our Path to be
Super Crew
World Changers!

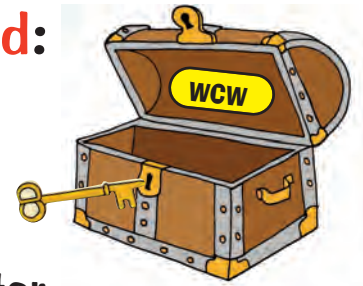




Here is our **World Changing Word**:

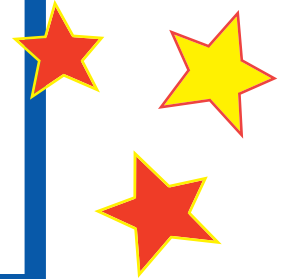
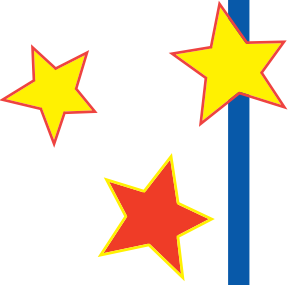
Compassion

Let's discover it's meaning and how we use it to make the world better.



Compassion

feeling sorry for someone who is suffering and trying to help them



I have
Compassion!



Lizzie feels badly that some children are hungry and wants to help them.



To help you remember what **Compassion** means, make this **Gesture**:

Stand up and put your hand over your heart because you care



Let's Be



COMPASSIONATE Super Crew World Changers

Here are some ways to show **COMPASSION**:

Antonio is really good at science so he helps Lizzie because he knows she has a hard time figuring out the homework.

What does Antonio do that shows **COMPASSION**?

Bella is sad that her cousin Charlie cannot play at the park because he broke his arm so she comes to his house to cheer him up.

Why does Bella show **COMPASSION**?

Sarah sees George upset and sitting alone at lunch so she goes over and asks if she can do anything for him.

How does Sarah demonstrate **COMPASSION**?

Show your **Super Crew World Changing POWER!**

1. Say the World Changing Word

I have
Compassion!

3. Signal its Gesture

Stand up and put your
hand over your heart
because you care



2. Give its Meaning

Compassion means
feeling sorry for
someone who is
suffering and
trying to help them

4. Tell **YOUR** way to
show **COMPASSION!**

Our 5-Point Compassion Plan!

Our 5-Point Compassion Plan is our guide on how we will conduct ourselves together at home, at school and in the community.

1. Enter the room **Smiling**
2. Be **Friendly and Polite**
3. Follow **The Can-Do Code**
4. **Listen** and pay attention while others are speaking
5. **Care** that your actions will affect others

It is so easy to do we can do it all the time!



We will practice now to make sure we understand the Plan.
In groups of 3 or more, walk through and act out all 5 points in the Plan.

The Can-Do Compassion Crew

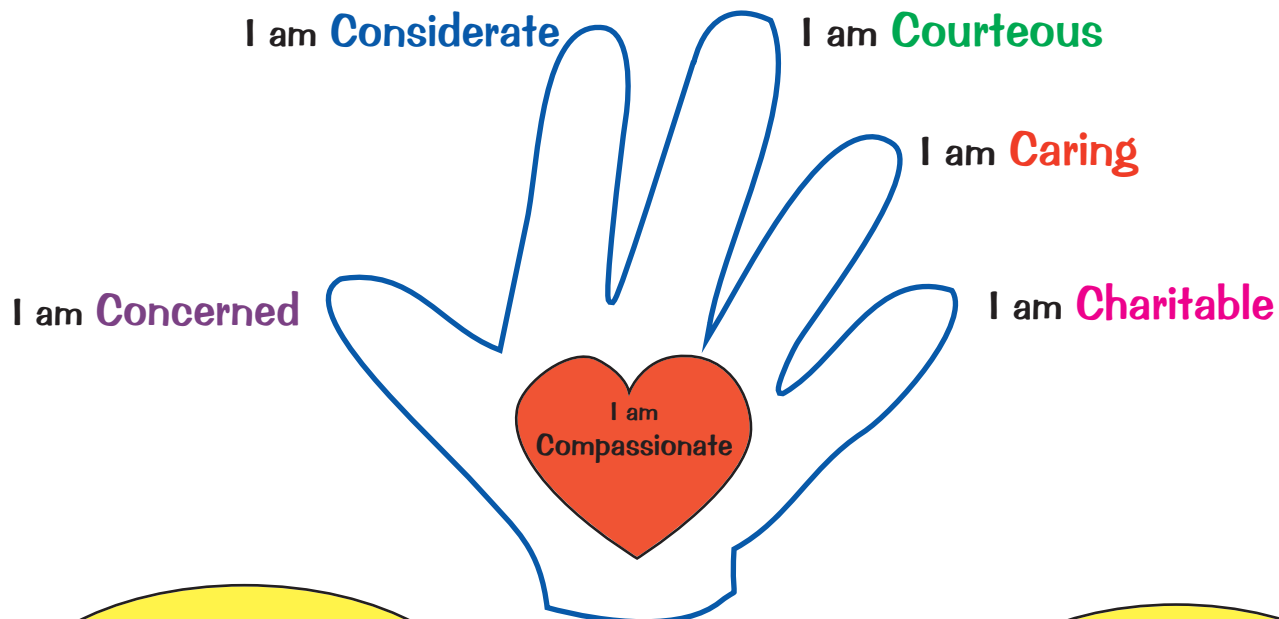
Leading the way to a world with more Compassion!

Compassion means feeling sorry for someone who is suffering and trying to help them

What is in YOUR Handful of Compassion?

Let's look at our hand. It is full of **Compassion!** Let's see how:

A Handful of Compassion



I am **Considerate**.
I think about other people's feelings.

I am **Courteous**.
I am polite and show good manners.

I am **Caring**.
I am understanding and try to be positive with others.

I am **Concerned**.
I show interest in what other people are saying and doing.

I am **Charitable**.
I am unselfish and give help to those in need.



How can YOU show **Compassion**?

My Handful of Compassion

What is in **YOUR** Handful of Compassion?

How are YOU **Considerate**, **Courteous**, **Caring**, **Charitable** and **Concerned**?

How are YOU **Compassionate**?



Let's use our Handful of Compassion to help make the right choices!

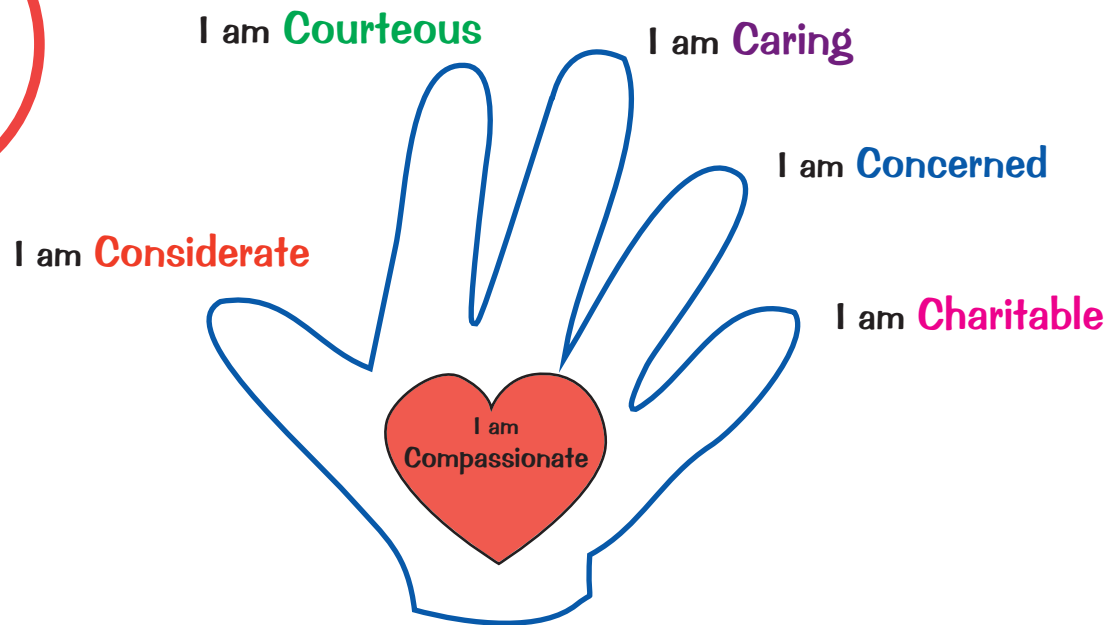
“What do YOU do?”

What do you do when certain things happen to show your **Compassion**? What is your **Action Plan**?

Example 1: Your teacher is shouting instructions for the lesson because there is too much noise in the classroom. **What do YOU do?**

You show **Compassion** because you feel sorry for her that she needs to shout rather than talk and you want to do something to make her feel better.

Action Plan: I am going to be quiet.
This shows I am Considerate, Caring and Courteous.



Example 2: You are collaborating with a classmate on an art project and he does not have any crayons. **What do YOU do?**

You show **Compassion** because you feel sorry that he does not have any crayons to help make the art project and you want to help him.

Action Plan: I will share my crayons.
I am being Concerned and Charitable.

“What do YOU do?” Compassion Challenges



- Team up with a partner.
- Read each **Compassion Challenge** and discuss with your partner.
- Come up with an **Action Plan** to solve the **Compassion Challenge**.
- Use your **Handful of Compassion** to help you make the right choices.
- You can have more than one idea in your **Action Plan**.
- Write your **Action Plan** down and share it with the group.



1. Your classmate enters the classroom crying.
What do you do?

Action Plan:

Ask, "What is bothering you?" or "Can I do anything to help you?"

This shows I am considerate and caring.

2. Your classmate falls and scrapes her knee on the playground.
What do you do?

Action Plan:

3. A new classmate is standing by himself at recess.
What do you do?

Action Plan:

4. You accidentally kick your classmate under the table.
What do you do?

Action Plan:

5. Your classmate's pencil breaks during the lesson.
What do you do?

Action Plan:

6. You see a classmate struggling with a math problem.
What do you do?

Action Plan:

7. A classmate is making a presentation and some students are talking.
What do you do?

Action Plan:

8. You see a classmate is angry and having a bad day.
What do you do?

Action Plan:

9. Your classmate says something hurtful to another classmate.
What do you do?

Action Plan:

10. You hear a classmate speak in an unkind voice to someone else.
What do you do?

Action Plan:

My Compassion Commitment

Leader's Guide



I pledge to follow our
5-Point Compassion Plan

1. Draw a picture of a classmate feeling badly.
2. Write a speech balloon for your classmate saying how he/she is feeling.
3. Draw a picture of yourself with a speech balloon of what you would say to your classmate to show your **Compassion**.



My Compassion Commitment



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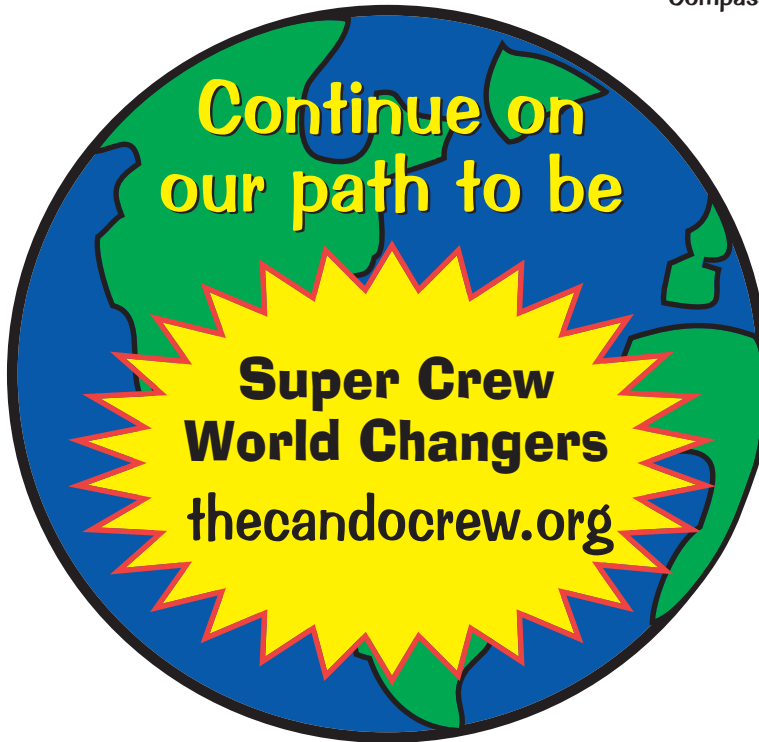
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