



# Activity Packet

A collection of resources aligned to the theme of Compassion



By focusing on compassion and acceptance for all beings, we can encourage children to look for beauty and see the power of compassion in action. Hearing stories of compassion is one of the best ways to prepare students to care for others and themselves and learn about empathy and inclusion.

## This packet includes activities for...

- Educators to use in the classroom
- Parents/caregivers to use at home
- Students to use for their own exploration

## Listen Closely

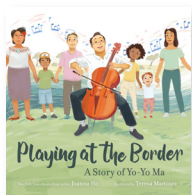
Groups of three students play a compassionate game of telephone with personal stories.

**Note:** This is a small group activity.

### Steps

1. If possible, read the book *The Rabbit Listened*, which is on RIF's recommended Compassion Book List. If that's not possible, talk to your students about how deep listening can be a compassionate act.
2. Divide the class into groups of three. (Each student in every group will have a turn to tell a story.)
3. Invite all students to think of a story from their own lives. The stories should have some detail but do not need to be any particular subject or genre. (If you have students who are stumped or would prefer not to share their own story for any reason, allow them to make up a story. You could also use the made-up story approach for the whole class.)
4. Be clear with students that this game requires deep listening and that the group is a team that is trying to retell the stories as accurately as possible.
5. In rounds of 3:
  - 1) Have student #1 tell student #2 their story so that student #3 cannot hear.
  - 2) Have student #2 re-tell student #1's story to student #3. (Student #1 is not allowed to contribute or comment. If possible, have Student #1 step away so they cannot hear this retelling.)
  - 3) Have student #3 repeat the whole story, with as much detail as they can remember, to the whole group.
  - 4) Have student #1 review the retelling (or score/grade, if appropriate for your class).
6. When all students have gone through their rounds, lead a class discussion about how it felt to be listened to deeply.

## Recommended Books



**Playing at the Border:  
A Story of Yo-Yo Ma**

Author: Joanna Ho  
Illustrator: Teresa Martinez  
Grades: PK-3



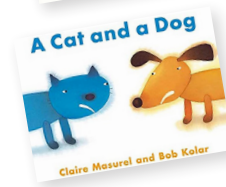
**The Rabbit Listened**

Author & Illustrator: Cori Doerrfeld  
Grades: PK-1



**Boy + Bot**

Author: Ame Dyckman  
Illustrator: Dan Yaccarino  
Grades: PK-K



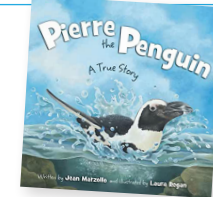
**A Cat and a Dog**

Author: Claire Masurel  
Illustrator: Bob Kolar  
Grades: PK-3



**Little Owl Lost**

Author & Illustrator: Chris Haughton  
Grades: PK-K



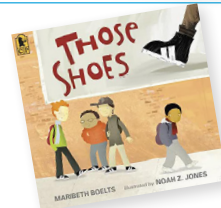
**Pierre the Penguin**

Author: Jean Marzollo  
Illustrator: Laura Regan  
Grades: PK-3



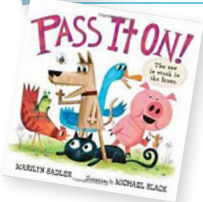
**Be Kind**

Author: Pat Zietlow Miller  
Illustrator: Jen Hill  
Grades: PK-1



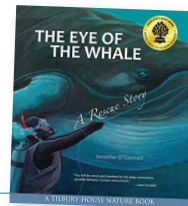
**Those Shoes**

Author: Maribeth Boelts  
Illustrator: Noah Z. Jones  
Grades: K-3



**Pass It On!**

Author: Marylyn Sadler  
Illustrator: Michael Slack  
Grades: PK-1



**The Eye of the Whale**

Author & Illustrator:  
Jennifer O'Connell  
Grades: 2-6

**Discussion questions for any recommended book listed above:**

1. What was the most compassionate action taken in the book you read?
2. What are some very big ways people show compassion?
3. What are some very small ways people show compassion?
4. Can you remember a time you felt compassion for someone else? How did it feel? What did you do, if anything?
5. What is the most compassionate thing anyone has ever done for you? How did it feel?

For additional activities for the books listed, please visit [www.RIF.org/Literacy-Central/Collections/Compassion](http://www.RIF.org/Literacy-Central/Collections/Compassion)

## Note to Parents/Caregivers

Our class is learning about compassion with literacy resources from Reading Is Fundamental. Complete this activity with your child to help deepen their understanding of compassion.

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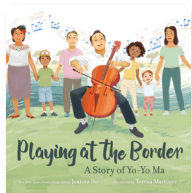
## Cards or Calls

This activity will extend your child's learning and encourage compassion for others. You'll work with your child to make a card or a call to a family member, family friend, or neighbor.

### Steps

1. Talk with your child about the people in your lives and identify someone who might benefit from a kind word and/or a conversation.
2. Decide whether you and your child would like to make a card or make a call to connect with the person you've identified.
3. Help your child figure out what they'd like to put on a card or have a conversation about. Let them know that sometimes just writing or calling to say hello and ask how someone is doing is a compassionate act.
4. Make the card and deliver it or make the call!
5. Talk with your child about how it felt to reach out to someone else.

## Recommended Books



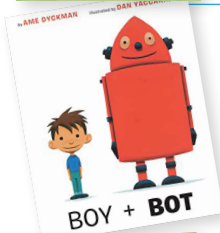
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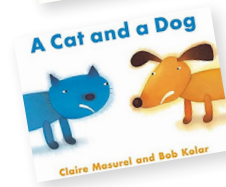
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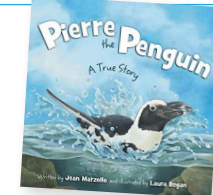
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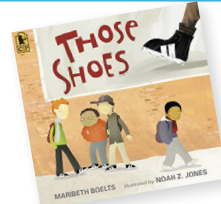
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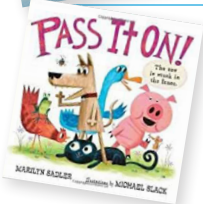
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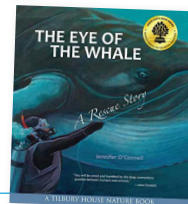
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## I Was Kind Today

Sometimes compassionate acts are huge! They may include travel, money, and lots and lots of time and effort. But sometimes compassionate acts are tiny! And sometimes the tiniest act of compassion can have a giant effect. These acts may include a kind word, paying attention when someone needs to talk, or even a simple smile.

This activity will give you a chance to practice many tiny acts of compassion. Carry this **I Was Kind Today** page with you until you have a chance to do and check off as many compassionate acts as you want. (You can do any or all of the things more than once, too.)

### I was kind today...

- Gave a genuine, warm smile to someone I passed.
- Made someone laugh.
- Offered to let someone go before me.
- Asked someone how they were doing.
- Gave someone a compliment.
- Listened to someone tell a story or say how they felt.
- Offered to help someone complete a task.
- Other:** my own idea of how to be kind

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**Bonus Reflection:** After you've been kind, how do you feel?

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