

# PROMOTING EMPATHY AND COMPASSION



## **COMPASSIONATE COMPREHENSION FOR THE COMMON CORE (CC/CC)**

<https://lkwbetterworld.files.wordpress.com/2021/02/compassionate-comprehension-w.-the-common-core-8-p.-master-doc.-7-9-17.pdf>

CC/CC Questions can be used with any Fiction text -- and *many Non-Fiction* texts, as well -- to help

~ Promote **empathy and compassion**

~ Increase students' ability to **perceive the feelings** of others, and **identify their own feelings**

~ Develop students' ability to perceive and understand **unmet needs** (of others, and their own)

~ Promote **Restorative Practices and Justice**

~ Develop students' ability to use a **Trauma-Informed / Responsive Lens**

Any / all of the questions below can be repeatedly asked,  
and can be answered 1-on-1, in a **Community Building Circle**, and/or in writing:

**Q 1: How did the character/s feel, and why?**

**Q 2: What was the harm/ trauma caused? Who was hurt, and how?**

**Q 3: What did anyone do to demonstrate Compassion or employ Restorative Justice?**

**Q 4: What would you do to demonstrate Compassion or employ Restorative Justice?**

**Q 5: What were the character's unmet needs?**

**Compassionate Comprehension** can help meet **academic goals**

~ by asking "What is your evidence or proof from the text?"

~ by offering opportunities for students to explore the questions orally, in writing, and/or using Visual/ Performing Arts

► These 5 Questions can provide **Community-Building Circle** topics and/or **writing** prompts:

*Think of a time when you experienced the same feelings and/or the same unmet needs. Please share.*

### Resources

\* **The Peace Path** can help promote empathy and compassion and also help resolve conflicts. Use of the Peace Path can help strengthen students' awareness of and ability to deal with the concepts included in the five questions above:

~ Feelings, and empathy and compassion for others' feelings

~ Harm / trauma, and empathy and compassion for others' harm / trauma

~ The ways in which Restorative Justice employs empathy and compassion

~ Unmet needs, and empathy and compassion for others' unmet needs

**The Peace Path ---- a conflict resolution, anger management, and Restorative Justice tool for students and families --- is from Cherokee Point Elementary, San Diego Unified School District**

- **Peace Path: Student Reference sheets format (1 p. with graphic, 1 page w. directions in Eng. and Span.)**

<https://lkwbetterworld.files.wordpress.com/2017/06/peace-path-from-cpe-1-p-graphic-plus-directions-in-eng-and-span.pdf>

- **Peace Path: Wall Poster format (3 pages with graphic, w. 1 page directions in Eng. and Span.)**

<https://lkwbetterworld.files.wordpress.com/2017/06/peace-path-from-cpe-all-4-pages.pdf>

\* **Instructional Recommendations: Compassion**

<https://lkwbetterworld.files.wordpress.com/2017/07/7-9-17-instructional-recommendations-compassion.pdf>

\* **Compassion: Definitions for Younger Students on Mini-Posters**

<https://lkwbetterworld.files.wordpress.com/2015/08/ws-compassion-definitions-for-younger-students-on-mini-posters.pdf>

\* **Compassion: Definitions for Older Students on Mini-Posters**

<https://lkwbetterworld.files.wordpress.com/2015/06/compassion-definitions-on-mini-posters.pdf>

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Compassionate Comprehension with the Common Core is by Linda K. Williams,  
Retired Reading Recovery/ Literacy Support Teacher

Free resources and support materials available: BetterWorld-Resources.com Linda.BetterWorld@gmail.com <https://caringandcapablekids.com/>

# 14 SONGS ON THE 4 CARING AND CAPABLE KIDS ALBUMS

which can especially help

## PROMOTE EMPATHY AND COMPASSION



Invite children / youth to

- \* listen to and sing the songs a number of times, and
- \* engage with the Think and Share Invitations.

Those activities will provide experiences that can help children and/or youth

- \* process their own uncomfortable feelings and pain,
- \* put themselves in others' shoes, and
- \* reach out to others with empathy and compassion.

### CARING AND CAPABLE KIDS, VOL. 1

Follow this link for a Zoom-Friendly document with all Song Lyrics, YouTube Links, Think and Share Invitations, and Bonus Resources

[CaringandCapableKids.com](https://caringandcapablekids.com/) <https://caringandcapablekids.com/>

- \* Handle with Care <https://lkwbetterworld.files.wordpress.com/2021/05/handle-with-care.pdf>
- \* Another Word for PEOPLE <https://lkwbetterworld.files.wordpress.com/2021/05/another-word-for-people.pdf>
- \* No One is a Nobody <https://lkwbetterworld.files.wordpress.com/2021/05/no-one-is-a-nobody.pdf>
- \* Ripples and Starfish <https://lkwbetterworld.files.wordpress.com/2021/05/ripples-and-starfish.pdf>
- \* Who I Am Makes a Difference <https://lkwbetterworld.files.wordpress.com/2021/05/who-i-am-makes-a-difference.pdf>
- \* Children of Tomorrow <https://lkwbetterworld.files.wordpress.com/2021/05/the-children-of-tomorrow.pdf>
- \* Eyes of Compassion <https://lkwbetterworld.files.wordpress.com/2021/05/eyes-of-compassion-a-trauma-informed-lens-song.pdf>
- \* Ojos de Compasion <https://lkwbetterworld.files.wordpress.com/2021/05/ojos-de-compasion-una-cancion-de-vision-informada-por-trauma.pdf>

### CARING AND CAPABLE KIDS, VOL. 2

Follow this link for a Zoom-Friendly document with all Song Lyrics, YouTube Links, Think and Share Invitations, and Bonus Resources

[CaringandCapableKids.com](https://caringandcapablekids.com/) <https://caringandcapablekids.com/>

- \* What if That Were Me? <https://lkwbetterworld.files.wordpress.com/2021/05/what-if-that-were-me.pdf>

### CARING AND SHARING

Follow this link for a Zoom-Friendly document with all Song Lyrics, YouTube Links, Think and Share Invitations, and Bonus Resources

[CaringandCapableKids.com](https://caringandcapablekids.com/) <https://caringandcapablekids.com/>

- \* A Friend in Need <https://lkwbetterworld.files.wordpress.com/2021/05/self-talk.pdf>
- \* We're "Can-Do!" Kids, and We Care <https://lkwbetterworld.files.wordpress.com/2021/05/were-can-do-kids-and-we-care.pdf>
- \* Say it! Do it! <https://lkwbetterworld.files.wordpress.com/2021/05/say-it-do-it.pdf>
- \* The Golden Rule Song <https://lkwbetterworld.files.wordpress.com/2021/05/the-golden-rule-song.pdf>
- \* How was your Day Today? <https://lkwbetterworld.files.wordpress.com/2021/05/how-was-your-day-today.pdf>

All 52 Recordings in the CARING AND CAPABLE KIDS ALBUMS, Lyrics, Think and Share Invitations, and Bonus Resources -- Zoom-Friendly at this link: [CaringandCapableKids.com](https://caringandcapablekids.com/) <https://caringandcapablekids.com/>

# ADDITIONAL SONGS AND BONUS RESOURCES FOR PROMOTING EMPATHY AND COMPASSION



① SONG: *I SHALL NOT PASS THIS WAY AGAIN* -- Informal Recording  
<https://betterworld.bandcamp.com/track/i-shall-not-pass-this-way-again-medley-ag-dw>

## *I SHALL NOT PASS THIS WAY AGAIN*

**Lyrics:** De Grellet's quote, slightly modified by L. K. Williams  
**Medley:** Tune #1: "Amazing Grace," Tune #2: "Deep and Wide"

I expect to pass through this world but once;  
therefore, any good thing I can do,  
or any kindness that I can show  
to any fellow creature, let me do it now.

And let me not defer or neglect  
doing good and showing kindness,  
for I shall not pass this way again;  
let me do it now.

## *CAN YOU PUT YOURSELF IN SOMEONE ELSE'S SHOES?*

Tune: "If you're Happy and You Know it" (traditional)   Lyrics: Linda K. Williams © 2014 (not currently recorded)

1.    Can you put yourself in someone else's shoes?  
    Can you think of how they're feeling-- what they need?  
    **When we show that we care, their burdens we can share.**  
    Can you put yourself in someone else's shoes?
2.    Can you put yourself in someone else's shoes?  
    Can you think of how they're feeling-- what they need?  
    **Compassion and empathy will sow the seeds of peace.**  
    Can you put yourself in someone else's shoes?
3.    Can you put yourself in someone else's shoes?  
    Can you think of how they're feeling-- what they need?  
    **It's a wonderful feeling to know somebody cares!**  
    Can you put yourself in someone else's shoes?

YOU'RE INVITED TO WRITE MORE VERSES FOR THE 3RD LINE...!

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

### ③ *IF YOU'RE COMPASSIONATE AND YOU KNOW IT*

Tune: "If you're Happy and You Know it" -- traditional -- (not currently recorded)

Lyrics by Cherokee Point Elementary Singers (San Diego, CA)

with Hannah Medina and Linda K. Williams for the *Celebration of Compassion*

1.

If you're compassionate and you know it, **say you care** --- "I care!"

If you're compassionate and you know it, **say you care** --- "I care!"

If you're compassionate and you know it, then your **words** will surely show it,

If you're compassionate and you know it, **say you care** --- "I care!"

2.

If you're compassionate and you know it, **help a friend**--- "Lend a hand!"

If you're compassionate and you know it, **help a friend**--- "Lend a hand!"

If you're compassionate and you know it, then your **actions** will surely show it,

If you're compassionate and you know it, **help a friend**--- "Lend a hand!"

3.

If you're compassionate and you know it, **listen well**--- "I hear you!"

If you're compassionate and you know it, **listen well**--- "I hear you!"

If you're compassionate and you know it, then your **listening** will surely show it,

If you're compassionate and you know it, **listen well**--- "I hear you!"

YOU ARE INVITED TO WRITE MORE VERSES!

4.

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

If you're compassionate and you know it, then your \_\_\_\_\_ will surely show it,

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

5.

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

If you're compassionate and you know it, then your \_\_\_\_\_ will surely show it,

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

6.

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

If you're compassionate and you know it, then your \_\_\_\_\_ will surely show it,

If you're compassionate and you know it, \_\_\_\_\_ --- \_\_\_\_\_

### ④ "Compassion" by Bernadete Leal

Listen to song at: <http://betterworld.bandcamp.com/album/compassion-by-bernadete-leal>

Lyrics: <http://www.bernadeteleal.com/files/Compassion.pdf>

### ⑤ "Don't Laugh at Me" by Steve Seskin and Allen Shamblin

<https://www.youtube.com/watch?v=f7Dej4Gfkmc> shows the pages of the picture book.

For a Hip-Hop/ Rap version of "Don't Laugh at Me" by Baby Jay, BabyJayMusic.com, follow this link:

<https://www.youtube.com/watch?v=VjT9lhcp1E4>

Please note: Free curricula written to accompany "Don't Laugh at Me" is available,

<http://www.operationrespect.org/curricula/>