

## **EYES OF COMPASSION: A TRAUMA-INFORMED LENS SONG (1:33)**

[https://www.youtube.com/watch?v=EdVAQf19cks&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=10](https://www.youtube.com/watch?v=EdVAQf19cks&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=10)

**Song #10 on album Caring and Capable Kids, Vol. 1**

**YouTube link for album**

[https://www.youtube.com/playlist?list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0](https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0)

**Amazon.com link for album**

[https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr\\_1\\_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46](https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46)

**Bonus Resource:** Please enjoy this powerful YouTube slideshow created by Cara Clancy (lyrics on screen):

[https://www.youtube.com/watch?v=5\\_7Wik2gPfE](https://www.youtube.com/watch?v=5_7Wik2gPfE)

### **Think and Share Invitations**

- \* Without using any names, think and share about a time when someone's words or actions resulted in your thinking, "What's wrong with him/ her?"
- \* Now, see if you can picture them in your mind and wonder out loud about what might have happened to them --- what they may have seen / heard / felt that caused **trauma** in their lives. That's what we call "looking at a person through a **trauma-informed lens**."
- \* Think and share about a time you treated yourself with "self-compassion" -- that is, to treat yourself as you would treat a good friend who is going through a hard time.
- \* Think of a time when you were dealing with some kind of trauma, and you were glad that someone treated you with patience and understanding, and let you know they cared about you and supported you, and helped you build **resilience**. **(PLEASE NOTE: This is likely an opportunity for vocabulary expansion.)**

**Bonus Resource:** Synonyms for Harm/ Trauma: **Student Reference sheet**

<https://lkwbetterworld.files.wordpress.com/2017/06/synonyms-for-harm-trauma-student-reference-sheet-1-page3.pdf>

**Bonus Resource:** Synonyms for Harm/ Trauma: **Classroom Mini-Posters**

<https://lkwbetterworld.files.wordpress.com/2017/06/synonyms-for-harm-trauma-mini-poster-for-class2.pdf>

1

When you look at me, please remember to keep in mind  
that you don't know what you don't know about me... what's happened to me.

2

You haven't seen what my eyes have seen, you haven't heard what my ears have heard,  
you haven't felt what my body and soul have felt so deeply.

3

Looking with eyes of compassion, listening with open heart and mind,  
can help healing, hope, and resilience take root and grow.

4

Thank you for wondering what's happened to me instead of asking, "What's wrong with you?"  
Thank you for helping me process my pain and move towards joy... move towards joy.

Lyrics © 2019 by Linda K. Williams      Tune: "Hey, Ho, Anybody Home?" (Traditional)

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I wish to express my profound appreciation to the **San Diego Trauma Informed Guide Team**

for their role in embracing and sharing this song. <https://www.acesconnection.com/>

And, I especially want to thank **Ms. Dana Brown**, Organizational Liaison, ACEs Connection and ACEs Science Statewide Facilitator, Learn4Life, for her beautiful idea of adding a 4th verse incorporating gratitude.

For related resources, please visit my website <http://www.CaringandCapableKids.com/> for many free downloadable resources  
and also **Compassionate Comprehension with the Common Core**

<https://lkwbetterworld.files.wordpress.com/2017/07/7-9-17-revisions-cc-cc-8-p-master-doc.pdf>

to support Social Emotional Intelligence, and the development of a Trauma-Informed Lens.