



**6R**  
**Compassionate**

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# Make a Wish Foundation

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Please watch the following video. As you do so, can you think of a way to define the word 'compassion'?

<https://www.youtube.com/watch?v=cHvW6n0TH58>

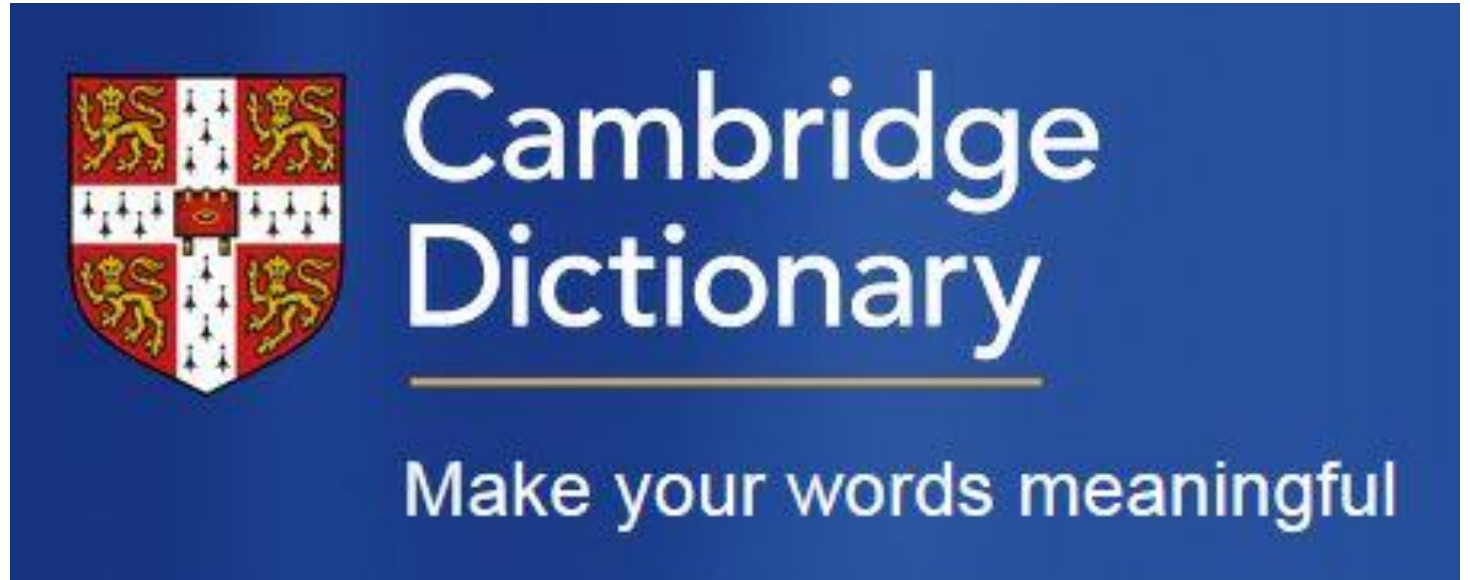
Some of you may have heard about this charity before, what sort of things do they do?



# Compassion

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A strong feeling of sympathy and sadness for the suffering or bad luck of others and a wish to help them.



# Comprised of 4 Components

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1. Bringing attention or awareness to recognizing that there is suffering (cognitive)
2. Feeling emotionally moved by that suffering (affective)
3. Wishing there to be relief from that suffering (intentional)
4. A readiness to take action to relieve that suffering (motivational)





# Compassion towards loved ones

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Who is the person you are closest to within your life?

How would you feel if something bad were to happen to them?

Can you give an example?

# Compassion towards strangers

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What about complete strangers?

How would you feel if something bad were to happen to them?

Can you give an example?

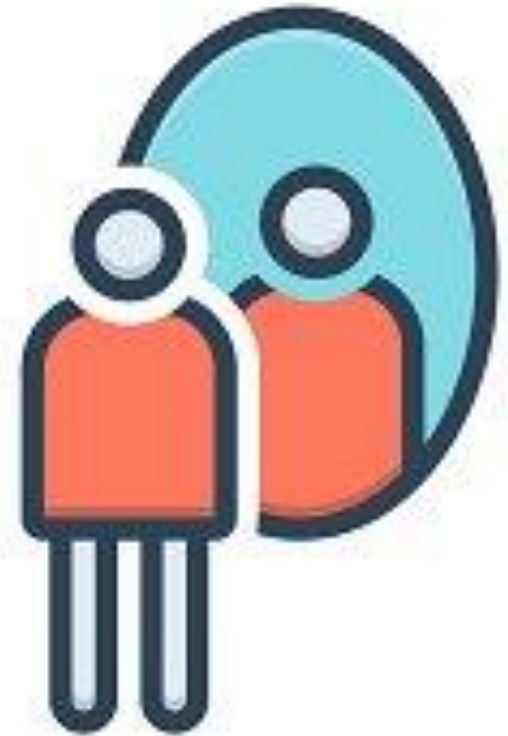


# Self-Compassion

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When thinking so much about others, it may be easy to forget about ourselves.

Self-compassion is extending compassion to one's self during instances of perceived inadequacy, failure or general suffering.



# Self-Compassion

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Self-compassion is comprised of 3 main elements:

- 1) **Self-kindness** = being warm towards oneself when encountering pain or failure, rather than ignoring them or hurting oneself with self-criticism.
- 2) **Common Humanity** = recognizing that suffering and personal failure is part of the shared human experience rather than isolating.
- 3) **Mindfulness** = taking time to recognise negative thoughts and emotions, and refocusing on positive cognitive processes.

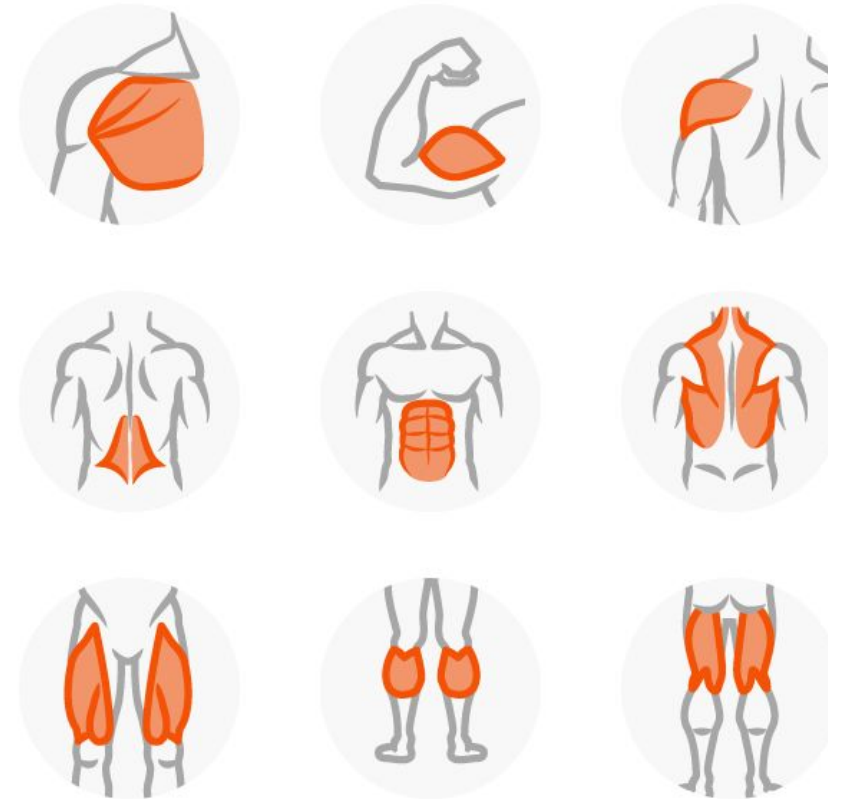


# Can you learn to be compassionate?

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Compassion is considered to be like a muscle that, as any other, can be strengthened with relevant exercises - or can deteriorate and atrophy.

In other words, your capacity for compassion can expand, if you choose!



# Hair Love

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Watch the following video:

[https://www.youtube.com/watch?v=kNw8V\\_Fkw28](https://www.youtube.com/watch?v=kNw8V_Fkw28)

How was compassion demonstrated by the characters presented to you?

How did you feel when you saw one person showing compassion to another?



# Give a little love to get a little love

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In being compassionate to others, often, others will be more compassionate to you.

Ask the person next to you if there is anything they have been struggling with recently.... Can you think of a way to help one another through each situation?



# Forgiveness of sin

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Jesus gives us the perfect example of forgiveness. While in agony on the cross, Jesus called out, exclaiming “Father, forgive them, for they do not know what they are doing.” (Luke 23:34).

- **Luke 5: 20** "When Jesus saw their faith, he said, 'Friend, your sins are forgiven.'"
- **Luke 6:37** "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."
- **Matthew 6: 14-15** "For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins."



# Let us pray...

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Heavenly Father,

**We live in a world where we are so overcome with our problems, that we forget our neighbour may be suffering too. Lord, fill us with compassion for our fellow man. Help us to see them as you do. Give us a heart to love them and see them through their trials. It's the only way to live, Lord, loving thy neighbour as we love ourselves.**



curious  
generous  
compassionate  
truthful

responsible  
joyful  
scholarly  
brave

# Challenge

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Now we have discussed, and better understand, what is meant by the term 'compassion', your challenge this coming week is to earn yourself a credit within the 'compassionate' profile.

Within your form groups, make a list of any actions that might lead to a member of staff awarding a credit for being compassionate....

# Ideas

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- Include all of your friends within your games
- Donate to charity
- Donate to the food bank
- Write a kind note
- Build a bird feeder for your garden

# Awards

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Please click [here](#) for the awards for this week.

