

Virtues: Faith and Character Development

COMPASSION

How To Show Compassion

Quote of the month

“Jesus saw her weeping...his heart was touched, and he was deeply moved.”

John 11:33

Criteria for choosing student of the month in your class AND for the “Gotchas”:

1. Try to show compassion by thinking about how your words make people feel.

- Think before you speak.
- Your words have power.

2. Try to show compassion by thinking about how your actions make people feel.

- The Golden Rule (“Do to others as you would have them do to you” Matthew 7:12) should always guide you.
- Actions often speak louder than words.

3. Try to show compassion by understanding WHY someone is acting the way he/she does.

- You never REALLY know what it’s like to be in someone else’s shoes.
- Instead of reacting to people’s moods, make an effort to understand people’s moods.

4. Try to show compassion by being considerate to other people.

- When you do things to help others, everyone feels better.
- Simple acts of kindness can be greatly appreciated by people.

Further comments for Faith and Character Development Education:

- Consider highlighting the virtues of your spring concert.
- If any students write journals from the calendar of activities, consider placing them in your newsletter.
- Consider having a student of the month bulletin board that highlights those who best show the virtues.

Skit 1 – Power of Words

Someone doesn't make the cross country team and other students make fun of him/her.

Skit 2 – Power of actions

Students talk about God being inside of everyone in class, however when they go outside, they get into a fight and others are chanting "Fight, fight, fight". Why?

Skit 3 – Empathy

A student just found out that he/she didn't win the chocolate prize he/she wanted and becomes grouchy. The class thinks he/she is being rude.

Skit 4 – Consideration

Friend doesn't have a lunch OR Inquiring how someone is doing.