

Compassion: Older Students

The April Character Trait of the Month

Compassion is the ability to understand and care about the feelings and needs of others. When we show compassion, we are showing kindness and empathy towards those around us.

Being compassionate means putting ourselves in someone else's shoes and imagining what they may be feeling. It is about being aware of their struggles and offering them help and support. Compassion helps us to build strong relationships with others, as it allows us to connect with them on a deeper level.

This month's video, "Under the Surface," shows what is really going on in the lives of the people it features. Please watch this video and answer the questions below:

["Under The Surface" - Empathy Film](#)

Questions:

1. If you were one of the people in this video, what are some of the "under the surface" messages the audience would see?
2. How do you think people might treat you differently if they knew what was really going on in your life? Do you think they would treat you with more compassion?
3. The video concludes by asking: "If you had knowledge of another person's experiences...would it change the way you respond to [them]?" How would you answer this question?
4. What are some ways the world would be different if humans didn't have compassion for each other?