



"I Am Compassionate"

Lesson Fourteen

Lesson Overview

Moral - Compassion

Craft - Compassion Flows

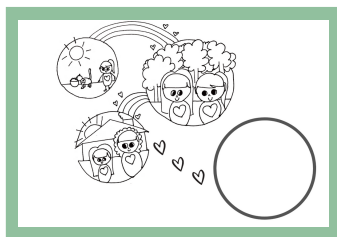
Coloring Sheet

Song - Fill Your Bucket by The Learning Station

Note to the Teacher

Before presenting this lesson, we encourage you to read through the lesson plan first so that you know the story well. This will help you present the story to the students in a way that they will understand.

Craft



Materials

- pre-made coloring sheet
- crayons, markers, pastels

Vocabulary

cat
kitten
rice
milk

refrigerator
sad
listen
help

Lesson Outline

Read the Story

Help the children retell the story in their own words.

- What happened first?
- What happened next?
- What happened last?

For younger students...

Discuss the story with the students.

- What did Nabila feed the kitten?
- How did it make her heart feel?
- Why was Lela sad?
- What makes you sad? What helps you feel better?

For older students...

Discuss the story with the students.

- Who was Nabila compassionate and kind towards?
- How did Nabila's actions make her feel?
- Why does compassion make others feel loved?
- How can you be compassionate towards others?

Do the craft with the students.

Story

"Meow! Meow!" a little gray kitten cried loudly. It was hungry. "Meow! Meow!" It looked up at Nabila with its bright blue eyes. "Meow! Meow!"

"Oh, little kitty!! Are you hungry?" Nabila asked. The kitten did not have a home of its own and that made Nabila feel sad. She didn't want the cute little kitten to suffer. "Wait right there kitty! I'll get you food!" Nabila ran inside to her home to search for something she could give the kitten. She looked high and low through the pantry and the fridge. Finally, she found the perfect meal: milk and rice! She quickly put it in a bowl and rushed back outside.

"Meow! Meow!"

Nabila set the bowl of rice and milk in front of the hungry kitten. It ate until it was full. Nabila knew that the kitten could not do anything for her in return, but it made her feel good inside to help. She happily walked to school with a smile on her face.

Later that day, she noticed that one of her classmates, Lela, looked upset. Some other kids were avoiding her because they didn't know how to help, but Nabila didn't feel good about not helping.

"Hi Lela," Nabila said gently as she approached. "Is everything okay? You seem sad."

Lela sighed. "I am sad."

"Why's that?"

"Well... My dad is away right now because he is working on another island."

"I'm sorry, Lela. That's tough."

"Yea, and my mom is sad too and I want to help her, but I don't know what to do."

Story

"It's good that you want to help your mom, but I don't think you have to do anything big. Just being there with her might be enough. After school, you can go spend time with her and I think that'll cheer her up."

Lela sighed again. "I suppose you're right Nabila. Even you coming to check on me has helped me to feel less sad." She smiled at Nabila with appreciation.

"I'm glad that you are feeling a bit better. Do you want to play a game with the other kids?"

"Sure, that sounds fun."

The two girls joined the other students. Lela's heart was comforted because of Nabila's compassion. Later that day she went home and spent time with her mom who was comforted by her daughter's compassion. It was a beautiful cycle and sad hearts were made a little less sad.

Craft Instructions

In today's story, Nabila showed compassion in multiple situations. She was kind to both animals and people and it inspired others to be compassionate too. Does it inspire you?

Materials

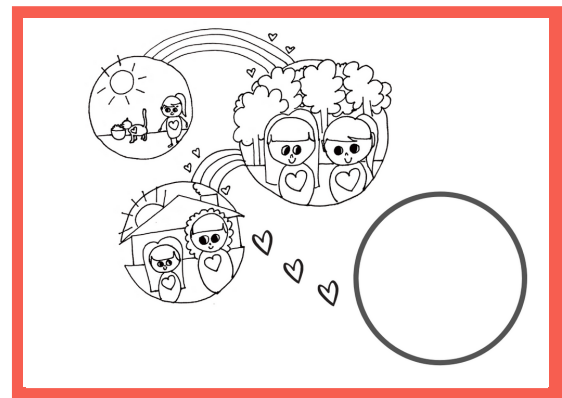
- pre-made coloring sheet
- crayons, markers, pastels

Instructions

Step 1 - Give each student a coloring sheet and crayons, markers, or pastels.

Step 2 - Instruct the children to color in the first three bubbles and then in the fourth one, to draw a picture of a time when they were compassionate or someone was compassionate to them.

Step 3 - Allow them to take their creations home and encourage them to show compassion to others.



Vocabulary Games

Flashcard Game Ideas:

The flashcards are the cards with the picture and word on the same side of the card. These flashcards are meant to help the student learn the English word for each picture. These cards can be used by putting them on a metal ring and having the student flip through the cards as they practice saying the word that goes with each picture.



Flashcard Ring Example

Matching Game Ideas:

For these four games, you can use the matching cards. The matching cards have a picture card and a word card that go together.

1

For this first game, start by laying the picture cards face down. (Do not use the word cards.) Have the students, one-by-one, pick up a card and flip it over and say the English word for that picture card.

2

For this game, lay the picture cards face-up on a flat surface. (Do not use the word cards.) Next, ask the students, one-by-one, where each picture card is. Do this by saying the English word for the picture on the card. Example: Where is the dog? Where is the door?

3

For this game, give each student a picture card. Then, call out one of the English words. Example: "Door". If a student has that picture card, have them hold it up, say the word, and show their friends.

4

For this game, lay out all of the cards (word cards and picture cards) face-up on a flat surface. One-by-one, allow the students to pick up an English word card and match it with the picture card. Try the other way by having the students pick up the picture card and match it with the English word card.

For a harder version of this game, lay all of the cards (word cards and picture cards) face-down. Have the children pick up a card and then pick up a second card. If they match, they can keep them. If they don't match they must put them back face-down and let the next student have a turn.

Song Lyrics

Fill Your Bucket by The Learning Station

Hold the hands of the friends on either side of you,
And don't let go at all, that's what we all should do.

It's only holding hands, but it means so much.
We're filling buckets, with just a simple touch.

Let's be fill bucket fillers, that's what we all should be.
Our bucket is invisible, it's really make believe.
But there's no doubt what a kind act can do.
It makes someone feel good and comes right back to you.

Chorus

When we're kind, we fill our bucket.
When we're nice, we fill yours too.
When we help, we fill our bucket.
When we smile, we fill yours too.

Keep holding hands and sway from side to side.
We feel much better now and we know why.

It's only holding hands, but it means so much.
We're filling buckets, with just a simple touch.

Chorus

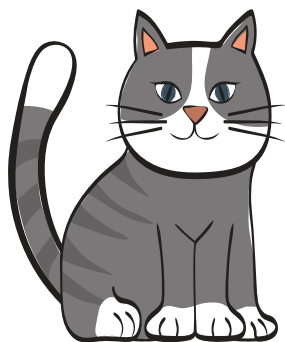
Keep holding hands and standing straight and tall,
Bring your arms really high and don't let go at all.

It's only holding hands, but it means so much.
We're filling buckets, with just simple touch.

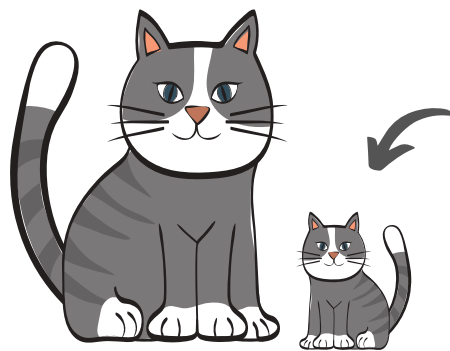
Chorus

Keep holding hands and shout "hip hip hooray!"
Let's celebrate filling our buckets too.
When you wake up tomorrow, to start your day,
Refill your bucket with all you do and say.

Chorus (4x).



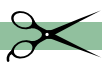
cat



kitten



milk



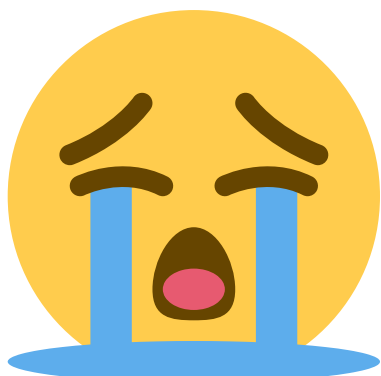
rice



listen



refrigerator



sad

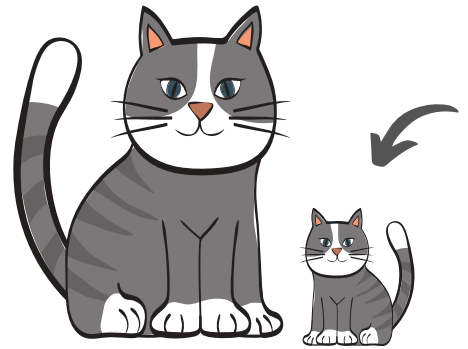


help

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